



Local Scene
See what's going on.
Calendar on back page!

The old Broderick Market: you
had to know it to love it

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**POLICE
LOG
Below!**

West Sacramento NEWS-LEDGER

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Wednesday, September 18, 2013

City preps for 'action plan' on homelessness

■ **Two-year study tries to quantify the size and causes of the homeless problem in West Sacramento**



City Council Member Mark Johannessen: involved in production of new analysis of local homeless problem (News-Ledger file photo)

By Steve Marschke
News-Ledger Editor

Tonight, the West Sacramento City Council will discuss "next steps" for the prevention and treatment of homelessness in this town.

Using state grant funds, city officials (including City Councilman Mark Johannessen) have counted the local homeless,

tried to analyze the reasons for their plight, interviewed "stakeholders" such as neighbors and businesspeople, and tried to point a way forward in dealing with the problem. This two-year effort has produced an informational report for tonight's city council meeting. They hope to pick up some reactions and return with more details on an "action plan" next month.

In a coordinated "snapshot" census across Yolo County, the counters found 165 homeless people living in West Sacramento, compared to 186 in Woodland, 114 in Davis and nine in rural areas, reports the city's staff report prepared for the council meeting.

West Sacramento is fairly unique compared to some places — like Sacramento — in that a lot of homeless people live near residential neighborhoods instead of downtown areas, the report added.

No "unaccompanied children" were counted among Yolo County's homeless in the January census.

"West Sacramento traditionally has by far the highest number of 'unsheltered' homeless in Yolo County," the report stated. "These are people primarily living in camps

or on the street. . . While emergency shelter is available in Woodland and Davis, there is no emergency shelter available in West Sacramento."

And West Sacramento riverfronts offer a camping

spot not too far from social services provided to homeless people from across the river in Sacramento.

"(Also), persons camping along the river in West Sacramento report that it is desirable because they can

fish for food and the wooded areas are sufficiently secluded that they feel private and secure. Some of the campers have lived there for years."

See HOMELESS, p. 3

Fire takes barn, vehicles



West Sacramento and Sacramento firefighters both responded to a challenging fire in rural Southport on September 6. They found a "fully involved" detached garage and barn -- with no fire hydrants nearby at the Hilary Avenue location.

Firefighters shuttled fire from a water tender vehicle, and kept the fire from spreading to nearby homes. The barn was lost, along with four vehicles and various equipment, with damage estimated at \$150,000.

(courtesy of WSFD)

Tower Bridge will close for a sit-down dinner and a cattle drive — no kidding

The Tower Bridge will shut down and forks will go up on Sunday, September 29, for the first-ever banquet dinner served on the Tower Bridge. The event is sponsored by the Sacramento Convention & Visitors Bureau as the culmination of that city's first "Farm to Fork" week celebrating local food sourcing.

The 600 available tickets for the event sold out within eight hours, reported a visitors bureau spokeswoman.

Diners on the bridge will enjoy a four-course meal including such treats as summer squash and chimichurri sauce, roasted whole pig strewn with blistered summer peppers,

smoked white sturgeon with beans, and endive with pears. The food will be prepared by "top chefs" from Sacramento. With Mayor Kevin Johnson's support, Sacramento is seeking to become the "capital" of the "Farm to Fork" movement.

The bridge will close to traffic from 1-10 p.m. to accommodate the "inaugural" event.

Another "Farm to Fork" event might not be a first, but it's certainly something the Tower Bridge hasn't seen in a few years:

On Monday, September 23, the Flying U Ranch of Yuba County will present a cattle drive that will go from West Sacramento over the iconic Tower Bridge into Sacramento and down Capitol Mall. The drive will take place between 10 a.m. and 11:30 a.m.

Interested spectators are encouraged to stand on the median along Capitol Mall to watch the 40 to 50 longhorn steer and cattle go by.

For more information on these and other events involved in Sacramento's first "Farm to Fork Week," visit www.farmtoforkcapital.com or call 808-5978.

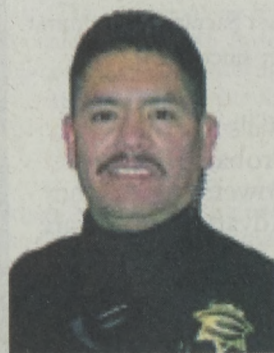
Fighting farm equipment theft

The Yolo County Sheriff's Department is now participating in a state-wide program to fight the problem of equipment theft from ranches and farms.

Volunteers from the department's STARS (Sheriff's Team of Active Retired Seniors) are available to visit farms and stamp each piece of equipment with an ID number, trackable in state and national databases. Call (530) 668-5298 for more information.



I-5 rest stop to be named after murdered Yolo County deputy



The late Yolo Sheriff's Deputy Tony Diaz

Yolo County Sheriff Ed Prieto will join Assemblymember Mariko Yamada on Friday to

dedicate an I-5 rest area in the memory of a fallen Yolo deputy.

At the 10 a.m. ceremony between County Road 6 and County Line Road in Dunnigan, they'll rename the rest spot as "Deputy Tony Diaz, Yolo County Sheriff's Office, Memorial Rest Area."

In 2008, Deputy Diaz pursued a suspected drunk driver nearby. The suspect, Marco Topete, shot Diaz in the shoulder, left a child behind in his car, and fled before being apprehended.

Diaz called for help, but died of his wound.

Topete was sentenced to death for the crime.

Diaz was a Dixon native who joined the sheriff's department in 2004. He left behind three daughters.

"Now the motoring public and citizens of the Dunnigan area will have a memorial to remind them of the sacrifice that Tony gave while doing something he loved -- protecting our community," said Prieto.

POLICE LOG

News items below are collected from police dispatchers' notes and arrest reports. The information in them has often not been verified beyond the initial reports.

Sept. 11, 1:52 a.m.

A witness called police after seeing a man in a cape or trench coat bicycling down West Capitol Avenue on the wrong side of the street at night, without a bike light, weaving "all over the road," and muttering something like "They're my angels!" as he passed by.

The citizen "thought it was odd."

Sept. 9, 11:29 a.m.

A citizen called police to report there was a small motorized boat on the water at Bridgeway Lakes. The caller wasn't sure if it was legal to have motorboats on the lake.

Sept. 9, 5:11 p.m.

A car went into a ditch along Jefferson Boulevard in Southport. A woman had exited the car, and the caller didn't know if she was hurt.

Sept. 9, 5:15 p.m.

From a Gateway Drive house: "smell of natural gas — burner left on."

Sept. 9, 6:02 p.m.

A caller from a Riverpoint Court-area store reported an ongoing problem:

A pair of male subjects were carrying clipboards and soliciting customers outside for donations to an alleged youth organization. The caller had checked and found there was no such organization.

Sept. 9, 7:05 p.m.

Two loose dogs were reported on Aruba Street: they were "aggressive" and "tried to attack neighbors."

Sept. 10, 11:20 a.m.

An officer contacted a man at a Maple Street apartment on police business. The man said he had no ID, but was at the complex to visit a friend in another apartment.

The officer went to the other apartment, and found the door wide open. He reports that he then stood on the doorstep and called out that he was from the police.

"I observed a female sitting on the floor next

See POLICE LOG, p. 4



Old Broderick Market held some inner beauty

Editor's note: Daryl is off this week. Below is one of his favorite columns from the past.

I was talking to a friend the other evening when he happened to mention that the old Broderick Market on 3rd Street was all boarded up and out of business. "You're kidding?" I said with surprise.

"It's kind of sad," he said. "There are a lot of people in that area who have been buying their groceries from the Broderick Market for decades."

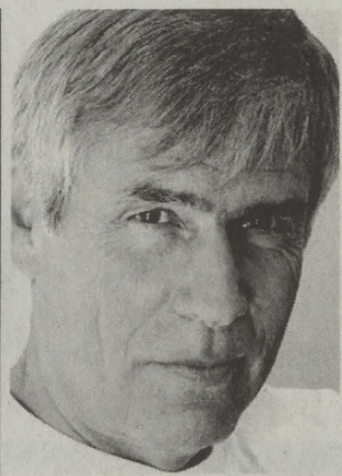
"Why did it close down?" I asked with interest.

"I think the city took over the land under some law it has that helps it get rid of old rundown buildings," he explained, shaking his head.

"Really," I said, my thoughts suddenly wafting all the way back to the early 1960's -- 1962 to be exact.

I was 15-years-old at the time and in desperate need of more income. I had been a Sacramento Bee boy ever since I could remember, and had managed to save up enough money to buy an old 1953 Chevy which used more oil than gas, but it was definitely time to find a higher paying part-time job. Bee boys only made about \$30 a month back then, and that was only if your door-to-door collections went really well and no one tried to stiff you. Plus I had just got my driver's permit, which

My Back Pages



By Daryl Fisher

meant that overnight (at least in my eyes) I had become one very cool dude, and I was absolutely determined to find gainful employment in an area of the job market which didn't require me to ride around all over my neighborhood on a bicycle every afternoon with a hundred or so newspapers strapped to my body.

"Why don't you go over and talk to Jack at the Broderick Market?" my father had suggested. "We've been shopping there since you and your sister were babies, and he's always talking about how hard it is to find good, reliable box boys."

Jack, whose last name I never learned, was the middle-aged and very business-like boss of the Broderick Market. He, like all his employees, was Chinese, and it just so happened that shortly after I asked him for a job, he decided it might actually be good for business if he hired a Caucasian box boy,

a kind of 'front man' who could also help his employees better communicate with some of his customers. He also seemed to be impressed with the assurances I gave him that, should I be hired, my parents would definitely continue to spend the majority of my father's paycheck at his grocery store for as long as they lived.

When Jack explained all my duties to me, which included keeping a sharp eye on any bums who might wander into the store from Skid Row (now beautiful Old Town Sacramento) to steal wine, he also mentioned that I would be making the unheard sum of \$1.25 an hour. I felt like I had died and gone straight to heaven.

Nowadays, grocery stores have bag boys (and girls), even plastic bag boys and girls, but back in 1962, a box boy actually worked with real boxes. A huge bin at the front of the store was piled high with all different kinds of them, and it was the box boy's responsibility to dig out just the right box (or boxes) for every customer's groceries. I can still remember the pride I felt when I had finished creating the perfect box, which was not too heavy for that particular customer, and with the eggs, bread, and potato chips gently resting on top of the meats, milk, and canned goods, instead of the other way around.

My two years as a box boy at the Broderick Market were also interesting in a number of other ways. Jack and the gang often seemed to me like they had come from another planet, not just another country. Their strange customs, especially the weird looking vegetables and seafood they used to eat for lunch, fascinated me. They spent their days off, which weren't many because they worked so hard, down in San Francisco's Chinatown, but even the time they spent away from the store didn't seem to cheer them up much. They were always very kind to me, but they rarely smiled, except when I did something real-

ly stupid, like the time I fell head first into the bin in search of the perfect box. And when they would take one of their infrequent breaks from work, I would often see them sadly stealing glances at pictures of their loved ones, most of whom still lived half-a-world away.

As I took one last drive past the old boarded-up Broderick Market last night, I was surprised at how much it hadn't changed, and I recalled how my parents had first started shopping there way back in the early 1950s. I also thought about how interesting it is that very old buildings can house so many special memories, and I better understood what a friend of mine meant when he recently told me that he has to fight back tears when he sees film footage of great old baseball parks like Ebbets Field in Brooklyn or the Polo Grounds in New York City being demolished.

Maybe buildings are a lot like people: some of the really gorgeous ones are actually pretty ugly once you take a good look inside, but a lot of the ones we don't think are much to look at on the outside actually house the kind of beauty that can enrich our lives forever.

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News submissions: The News-Ledger welcomes information on local news

and events. Please submit written news items to the below address by mail or in person, or through the office mail slot. News deadline is Friday before publication. Please include your name for attribution and your phone number in case we have any questions.

Opinion submissions: Letters to the Editor on topics of local interest are welcome. They must be signed, original, and must include the author's telephone number and address for verification. Letters should be brief and may be edited for length or objectionable or libelous content. Deadline is Friday before publication, and letters may be mailed or dropped off at the News-Ledger office.

Advertising: The deadline for classified advertisements is prior Friday at 5 p.m., and ads should be prepaid. An ad of up to 25 words costs \$3.50, plus 10 cents for each additional word, per publication. Please mail ad and payment to the address below, or drop it off in the News-Ledger office or through the office mail slot.

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'Across the Bridge': Events around the region

Sunset train ride

The Sacramento Railroad Museum will hold its second annual "Sunset Train Ride" on October 5. The one-night-only "Ales on the Rails" brew sampling event will take place on the Sacramento Southern Railroad where

adult passengers will have the opportunity to sit back and view the Sacramento River while rolling along and sampling tasty appetizers and artisanal brews. The train departs at 6:30 pm with tickets at \$40 per person with a \$3 service charge. All passengers

must be 21 or older and for advance tickets and more information go to www.cs-rmf.org or call 445-5995.

Porcelain show

The Camellia City Porcelain Artists will hold their 22nd Annual Art Show and Tea on October 12/13

(starting at 10 am both days) at the Sacramento Garden and Art Center, 3330 McKinley Boulevard in Sacramento. There will be a display of beautiful hand-painted porcelain along with ornaments, cups, saucers, mugs and

See BRIDGE, p.3

Obituaries



Cindy Seaman

Cynthia Anne Seaman

Cindy Seaman died Sept. 10, 2013, after a sudden illness, one week after her 60th birthday.

A resident of Davis, Cindy formerly lived in West Sacramento. While in West Sacramento, Cindy was active in the successful effort to incorporate West

Sacramento into a new city in the 1980s, and then she played a role in a citizens' group that challenged city plans for industrial zoning in Southport.

Cindy was born to Wareham and Jane Seaman (both now deceased) and grew up in Sacramento. She graduated from the University of the Pacific. Later, as a working mom, Cindy earned an MBA from Sac State.

She was employed by the State of California's Housing & Community Development Department.

Cindy's biggest pride was in her two daughters, Sarah Jane and Laura Anne Fourness.

She is survived by her loving husband Steven Marschke; daughters Sarah Jane (husband Roberto) and Laura (partner Kevin);

sisters Margaret "Peggy" Seaman and Susan Landaker (Cliff); brother Wareham Seaman (Donna); by her cousins, nieces and nephews, and by all her beloved Marschke family in-laws.

Cindy enjoyed playing with her dogs, making jewelry, traveling (to S.F., Boston, or any new place), sailing, and any sort of family gathering.

In lieu of flowers, memorials are preferred to Yolo SPCA. Services will be held at 2 pm on Saturday, Sept. 21, in St. John's Lutheran Church at 17th & L, Sacramento.

Mary Castro

Mary Castro passed away on September 7, 2013, in her West Sacramento residence, surrounded by her

family. She was the beloved wife of 59 years to Joseph Castro; the loving mother of Victor, Bobby and Chris Castro, Joseph Castro, Jr. (Rosemary), and Juliana Masters (Greg); the dear sister of Lilly Campos; the devoted grandmother of Alisa, Bobby, Priscilla, Naomi, Sheneil, Joey III, Vannessa, Christopher Jr., Cynthia, Shane, Elena, Miguel, Marcus and Chelsea; and the great grandmother of 16. She was preceded in death by her grandsons, Bobby and Manuel, and her great granddaughter, Sienna.

Friends are invited to attend a Celebration of Life Service on September 20, 2013 at 10:30 am at River Cities Funeral Chapel, 910 Soule Street in West Sacramento. Private inurnment.



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HOMELESS: City of West Sac tries for some answers from p. 1

126 of the 165 West Sacramento homeless reported they were "unsheltered" and living in tents, vehicles, garages or the like.

Over half of the West Sacramento homeless were also reported to be adult men, with the remainder made up of both women and children. Many "chronically" homeless people are mentally ill.

The cost of not treating these people for homeless and some of the conditions that can lead to — illness and injury — can be expensive in terms of "repeated costly ambulance calls and emergency room visits," argues the city report.

In one famous case, Reno police tracked the case of "Million Dollar Murray," the report adds. Murray was a homeless man who died in 2005. Whenever he was in a rehab program, "he was able to get jobs and do quite well." When not, he didn't.

"(Police) were able to document \$100,000 in medical costs over a six month period and nearly \$1 million in police, jail, fire department, emergency medical, hospital costs and substance abuse treatment over a ten-year period."

The staff report suggests that in addressing the homeless problem, such people must still be held accountable

for their legal actions and impacts on the rest of the population.

West Sacramento's police had two officers working full time on homelessness, spending staff time taking apart homeless camps, often along the riverfront. In addition:

"Nearly hourly, regular patrol officers are dispatched to related issues, such as illegal camping, public intoxication, fights, public nuisance and other vagrancy calls for service. Confiscated property from camp clean-ups is stored in commercial containers at the police department, separate from other property "for health reasons."

Firefighters also answer hundreds of medical aid calls for homeless people each year. And each time a shopping cart is requisitioned for someone's personal use, that costs a store \$150 to \$450.

Aggressive panhandling is also a problem. Although

asking for money is not itself illegal, "aggressive" panhandling isn't protected by the First Amendment.

The report calls for West Sacramento to partner with other agencies and with private parties, and to look for grant funds to help attack its homelessness problem.

A future plan might include having programs in place to help "at risk" people — such as those who just lost a job or suffered a health problem — from becoming homeless. It might include cracking down on aggressive panhandling, and fighting trespassing, littering and dumpster-diving.

The plan might also include finding more ways to offer food, water, shelter, mental health care, substance abuse care and medical care.

Tonight's council meeting is scheduled for 7 p.m. at city hall, 1110 West Capitol Avenue.

LOCAL from p. 10

city's Bryte (northwestern) neighborhood. Groups, businesses and local veterans who wish to participate should contact Alicia Cruz, 640-3677.

Planning meetings are scheduled for Oct. 17 & 21.

'Harry Potter' festival

You can watch every "Harry Potter" movie for free — and fortunately, you don't have to do it all in one sitting. Viewings are planned at 2 p.m. on Saturdays, September 7, 14, 21 and 28, and Oct. 5, 12, 19 & 26, in the library at 1212 Merkey Avenue. Enter through Platform 9 ¾.

Vintage fashion

Crickets Creative Apparel presents "Vintage Fashion Follies," showcasing "fashions from 1850 to present," from 4:30-7:30 p.m. on Sat., Oct. 19, at the West Sacramento Community Center's Black Box Theater (1075 West Capitol Ave.).

The event is a fundraiser for the West Sacramento Historical Society. \$25 in advance or \$30 at the door; includes door prize opportunities, hors d'oeuvres and beverages (alcohol sold separately). For tickets, go to www.brownpapertickets.com/event/451130. To buy with cash or check, call 372-7438. Prepaid tickets will be available at 'Will Call.'

For information, call 372-7438 or email cecilia.vas@earthlink.net or thoml4@earthlink.net.

Multicultural fair

The West Sacramento Multicultural Fair returns to West Sacramento on Sat., Oct. 5, from 10 a.m. to 4 p.m. at San Pedro Park, 708 N. Hobson Avenue. There will be food, music, dance, local artists, games and more. Community organizations and vendors are invited to reserve a booth. Visit <http://www.bryteandbroderick.org/FairandParade2013.cfm>.

Fraud prevention

A fraud awareness fair is planned for Oct. 16, from 10 a.m. to 2 p.m. at West Sacramento's city hall (1110 West Capitol Avenue). There will be information on fraud

prevention, workshops from various law enforcement agencies and financial institutions and more. You're invited.

Need a barn cat?

There are some cats at the Yolo County Animal Service Shelter that might not be sociable enough for home adoption, but which would make a great addition to a farm, ranch or rural home. If you need some help with rodent control, consider adopting one of these cats, which come spayed, neutered and vaccinated. Call Angela Kinn at (530) 662-8858, or email ycarescue@hotmail.com.

Streetcar project

The City of West Sacramento will host an open house on the proposed downtown streetcar project, intended to connect West Sacramento and downtown Sacramento. There will be a presentation and a chance to ask questions and share opinions, at the event from 4-6 p.m. on Thursday, Sept. 19, at the West Sacramento City Hall Galleria, 1110 West Capitol Avenue. The city presentation will take place at 5 p.m.

Riverbank Festival

Riverbank Elementary School invites you to its annual "Harvest Festival" from 5-8 p.m. on Sept. 19, 1100 Carrie Street. Free entrance, with food and carnival games for sale. Vendors, contact Alicia Cruz, 640-3677.

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BRIDGE from p. 2

much more. Tea and refreshments will be served. Admission is free. For more information call 530-878-7750.

Free museum admission

Six Sacramento area museums are offering free admission all day on September 28. Free tickets are available for download at www.smithsonianmag.com/museumday, good for two guests. The participating museums are Aerospace Museum of California, Californian Automobile Museum, California State Military Museum, California State Railroad Museum, Maidu Museum & Historical Site and the California Museum. A valid email address is required and the offer is limited to one ticket per household.

Women's health and wealth conference

The Capital Region Women's Conference will sponsor a day-long event on September 27th at the Sacramento Convention Center that will address the health and wealth challenges of time, energy, growth, community and balance being faced by more and more women. The conference will focus on bettering the lives of women by helping them find the tools they need to build and foster better relationships with themselves and others. During breaks attendees can sample and sign up for new services, goods, foods, and experience workouts, massages, obstacle courses, activities and technologies. To purchase a ticket or for more information, including a list of panels and speakers, go to www.capregionwomen.com.

Got talent with words or photos?

The News-Ledger is looking for a few good people to help report on local issues or take photos.

If you have an interest in writing a little bit about local schools, local sports or other news -- or if you want to publish your pictures of civic events or local sports -- we'd like to hear from you. Most opportunities are for volunteer writers/photographers, but a stipend is possible for some work.

Contact Editor Steve Marschke at: steve@news-ledger.com

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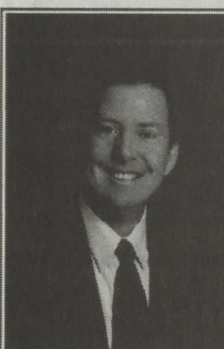
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In Loving Memory of James Watkins Schmalzel

Former Resident of Benson, AZ ♦ 1933-2013

Jim, 79, passed away on July 20. He was born to Joe and Lucile Schmalzel, July 28, 1933, in Bisbee, Arizona.

Jim was predeceased by his older brother Joe in 2005. He is survived by his devoted wife, Priscilla of 54 years; his son Bill, wife Laurie and sons Eric and Ryan, and grandson Andre of West Sacramento, son Steve, wife Christie with their children Alex and Andie of Fortuna, son Ed, wife Karen and their children Brock, Dana and Carter of Clovis, brother-in-law Dick Hamilton, wife Bertha, and sister-in-law Janet Hearn of Benson, Arizona.

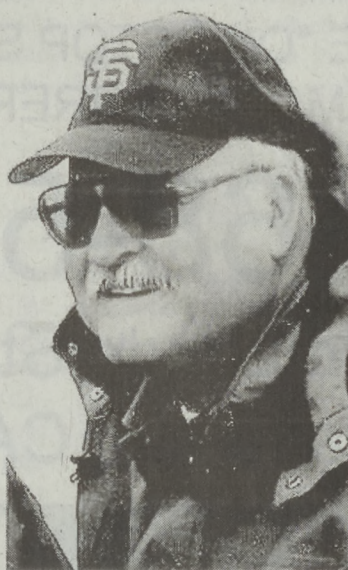
Jim was raised in Benson, Arizona, graduating from Benson Union High School in 1951 where he was selected as an All-State running back for his senior season. Jim attended and played football at Stanford University, then transferred and graduated from the University of Arizona in 1956, with honors, in mechanical engineering. He would spend the next 30 years working for Babcock & Wilcox in San Francisco and Walnut Creek as a project engineer. After retiring from B&W, Jim kept busy by working at Exxon, taking courses at DVC, and volunteering at the Leshner Theatre; the Suicide & Crisis Hotline, Meals on Wheels, the Clayton Library, Operation Shoebox, Boy Scouts of America, coach and board member for PCL and CAL, and the Concord Police Department's Crime Scene Investigation with good friend Ekk Keller.

Jim married Pris on June 5, 1959 in Tampa, Florida. After short stays in Georgia, Lafayette, Atascadero, Pacheco, and Concord, they decided to raise their sons in Clayton, where they have lived since 1965. Jim was a world traveler and had placed a foot on all seven continents. With his favorite traveling companion Pris and sister-in-law Janet, they share such favorite locations as Africa, Mongolia, Antarctica, Magdalen Islands, Iceland, and Scotland.

An avid Giant and 49er fan, Jim's most joyous times were when his family and their friends would visit, especially the grandkids. Many exciting games of croquet and bocce ball, bird-watching, and great conversations were had in their backyard.

Jim's family is very appreciative of the wonderful, professional, and caring men and women of the Clayton Police Department and the Fire Departments of Concord and Clayton who responded so timely to assist him at home. Memorial donations may be given to the Clayton Police Department's Heart Safe Communities Program (6000 Heritage Trail, Clayton, 94517, Police Chief Thorsen at 673-7350) or Concord Police Department's K9 Association (1350 Galindo Street, Concord, 94520).

Service and interment will be held at a pending date in Benson, Arizona.



POLICE LOG continued from front page

to the bed, and also observed a glass pipe in plain view next to the bed," the officer wrote. "I asked the female subject... if she really had a 'crack' pipe next to her. The subject said, 'It's not a crack pipe, it's a crank pipe.'"

("Crank" refers to a cocaine product; "crank" to methamphetamine.)

The subject admitted being on searchable probation, which the officer confirmed. A search showed that the pipe contained melted methamphetamine, and the officer also found 2.5 grams of heroin in baggies on the premises.

The woman's arrest report mentions that she had a tattoo or picture of "Tinkerbell" on one thigh. She went to jail for possession of methamphetamine and heroin "for sale," presumably due to the quantities of the drug found by police.

Sept. 11, 8:49 p.m.

A 20-year old man reportedly got into an argument with his father on Pecan Street. The father told police that the son began swinging fists at him — and then swung a kitchen knife.

The father pushed the armed younger man out the door, where he began kicking the door and then "pushed over the BBQ, pushed over the garbage cans and threw trash all over the front yard."

When officers responded, they noted footprints on the door. Searching nearby for the man, they contacted a 22-year old transient they found to be wanted on warrants, and arrested him. That man refused to provide his driver's license number or Social Security number.

They also found and arrested the victim's son.

Sept. 12, 7:30 a.m.

Someone reported finding a Department of Justice name badge in a pile of trash left at a Harbor Boulevard tire store site. Police picked it up.

Sept. 12, 7:35 a.m.

A San Andreas man contacted police. He had parked a company vehicle on Stillwater Road overnight, and in the morning, he found it ransacked. He thought he may have accidentally left a door unlocked.

Nothing was missing, but someone had smoked a cigarette inside and evidently stubbed it out on the passenger-side floorboard, leaving a couple of burn marks.

Sept. 12, 10:54 a.m.

Police received an anonymous call that someone was growing marijuana in a backyard on Water Street. A responding officer asked and received permission to go into a neighbor's yard to get a view of it.

The officer reported seeing about 20-30 marijuana plants, and photographed them from the neighbor's property. He noted that there were two cars at the subject's house — one in its driveway, and another at the curb — both registered to a person at that house.

The officer gave the photos and information to an agent at YONET, the Yolo Narcotics Enforcement Team.

(In West Sacramento, it's illegal to grow marijuana outdoors, although the city does not actively enforce federal anti-marijuana laws when people grow personal marijuana for "medical use" inside their homes.)

Sept. 12, 10:55 a.m.

A game store on Ikea Court reported that someone sold a game stolen from their shop to an area pawn shop. The suspect was listed as living on Beardsley Drive. He was not immediately located by police.

Sept. 12, 8:07 p.m.

One police officer on patrol reported seeing a male and female fighting in the parking lot of a supermarket on West Capitol Avenue. He responded as a second officer detained one of the subjects, a 38-year old

woman living in a nearby motel.

The male subject identified himself as "loss prevention" for the store. He said the woman (banned from the store) had been in line with a two-liter bottle of soda and some chips, when he was summoned by a cashier. The woman then exited the store without paying for the goods.

When the employee confronted her outside, she "became irate and started screaming, then punched (him) in his left cheek two times."

She fled with the merchandise before being stopped by an officer.

A search of her person turned up "several checks and bank cards that had other people's names on them." One of those other people was contacted by an officer, and confirmed that his property had been stolen.

The woman went to jail.

Sept. 12, 3:34 p.m.

A woman walked into a stranger's apartment on Maple Street and wouldn't leave.

A responding officer found that she appeared drunk and "appeared to be falling asleep as (he) talked to her."

The woman was arrested.

Sept. 13, 3:21 p.m.

At a rental center on the 700-block of Jefferson, somebody ran out the store with a couple of laptop computers in a box.

Sept. 13, 10:43 p.m.

An officer responded to a disturbance on the 2200-block of Lake Washington Blvd. He arrested a woman for DUI after seeing her back her car out of a parking space. The woman reported she had been drinking beer, and had a meal of Indian food.

Sept. 14, 10:14 a.m.

A pregnant woman reported she had been assaulted by her live-in boyfriend at their Merkley Avenue residence. The 32-year old man was arrested.

Sept. 14, 12:08 p.m.

Officers responded to a

BOOKS from p. 5

truly chilling, and documented in bloodcurdling detail.

Beginning with Manson's West Virginia childhood, Guinn reveals how he became the frightening iconic figure that he is. According to Guinn, there was nothing magical or mystical about Manson, yet he was worse than anyone could have imagined.

DVDs from p. 7

the monster. Slow and by-the-book, "Frozen Ground" probably won't astound you, even though it contains strong performances from all three stars.

"The Big Parade" (NR) -- It may not sound familiar, but this is one of the most revered war movies in American cinema history. Originally released in 1925, "The Big Parade" tells the story of Jim Apperson (John Gilbert), a comfortable young man who is persuaded to join the Army and fight in World War I. The first half of the movie follows Jim and his buddies as they train and bond. Just when the audience gets comfy, the massive battle scenes hit, jarring the senses. It's a silent film (fair warning), but it can definitely hit its mark and stick with you. This new DVD release is a favor to film lovers, making this bygone classic easier to find.

fight on Maple Street and found a man "severely beaten." They were told in which direction the suspects had fled.

A female witness reported she had tried to protect the man from the assailants and had tried to call 911 to deter them from continuing. But one of them grabbed her cell phone, pulling her to the ground and causing a small laceration to her hand.

An officer looking for the suspects noted there was some fresh blood on one nearby door. A "sweep" of the residence by officers turned up a 19-year old man "hiding in the bathroom," and in a shoe was a cell phone in a pink cover, matching the description of the stolen phone.

The 19-year old and several others were detained. The officer turned the cell phone on and successfully called it from his own phone, using the phone number provided by the female witness, to confirm it was indeed her phone. The suspect was booked.

Sept. 15, 2:35 a.m.

Police received a report that a Lisbon Street woman had pointed a handgun over the fence at a neighbor to intimidate him.

An officer contacted her in her apartment, where she initially denied having pointed a gun and instead said she "had threatened them with a baseball bat because the neighbors would not leave her alone as they were offering her beers."

She consented to a search of her place. Police found a loaded .40 caliber handgun in her clothes cabinet. The woman then apologized and admitted she had

pointed the gun "because she wanted to be left alone."

The gun was not registered to her. It showed up in the police system as having been stolen in Citrus Heights.

The woman "said she had found the gun, but would not elaborate further." She went to jail.

Sept. 15, 6:02 a.m.

A Louisiana man reported he had parked a rented truck at a motel on the 2700-block of West Capitol overnight. At 6:30 a.m. he discovered someone had broken one of its windows and stolen a backpack with a chemical logbook, fuses and other work equipment.

Sept. 15, 9 a.m.

A man reported having parked a Subaru in the parking lot of a Stillwater Road hotel overnight.

Apparently, at about 5 a.m., someone stole a bike

that was attached to the roof rack. They also broke a car window and stole the bike's front wheel, which had been stored separately inside.

Sept. 15, 11:30 a.m.

A 25-year old woman reported she had found her SUV burglarized after parking it at a hotel on Evergreen Avenue. Staff informed her a police officer had left a note after seeing it had been burgled. Missing were a laptop, GPS unit and cash.

The thief had apparently tried to remove a mounted TV screen from inside the Toyota Sequoia, but was unsuccessful.

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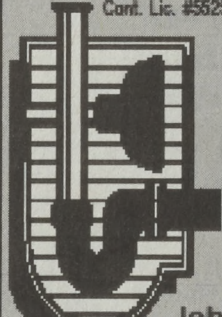
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DINING, TRAVEL & ENTERTAINMENT



PICKS OF THE WEEK

"The Croods" (PG) -- This animated adventure follows a prehistoric family on a trip through a colorful and dangerous world. Grug (Nicolas Cage), the head of the family, just wants to keep everybody happy and safe, sleeping in a pile in a cave. Teenage daughter Eep (voiced by Emma Stone) wants to see the land beyond the family cave. Geological activity forces the family into the big, wide world, guided by an eccentric stranger called Guy (Ryan Reynolds.)

It's pretty much "Ice Age" with a bit of Flintstones mixed in. And much like the former, you can expect this movie to be milked for every last sequel, toy, cartoon and promotional tie-in for a few years to come. While the visuals are impressive, the comedy keeps it simple -- girls love shoes, sassy grandmas are funny, animals are annoying and often play tricks on serious people.

"This Is the End" (R) -- At James Franco's mansion,



John Cusack in "Frozen Ground"

the hottest celebrities are all gathered in a raucous party -- then the Rapture begins and Hollywood goes to hell. Holding out in Franco's mansion, Seth Rogen, Craig Robinson, Jonah Hill, Danny McBride and Jay Baruchel (all raunchy comedy veterans playing exaggerated versions of themselves) try to survive the End Times.

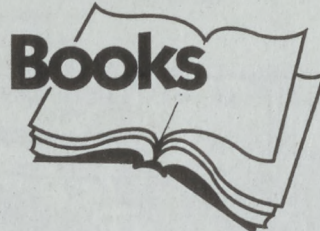
This foul-mouthed mess

of stoner-comedy is somewhat smarter than it looks. Written by Seth Rogen, the movie welcomes you into a tight-knit group of friends who bond by cutting each other down. There are plenty of misdirects and belly laughs, many of them coming from the film's plentiful cast of celebrity bit parts.

"Frozen Ground" (R) -- In

Alaska, state trooper Jack Halcombe (a surprisingly restrained Nicolas Cage) is on a mission to bring down a ruthless serial killer (John Cusack.) Over the course of 13 years, the killer has abducted and murdered more than 20 young women -- until one (Vanessa Hudgens) manages to escape and identify

Please see BOOKS, p. 4



"Manson: The Life and Times of Charles Manson"

by Jeff Guinn
(Simon & Schuster, \$27.50)

Reviewed by Larry Cox

Charles Manson was, according to a person who knew him, just like a hundred other wannabes on the fringe of the L.A. music scene during the 1960s, except for one important fact. He was the trigger to two terrifying nights in August 1969 that led to the gruesome slaughter of seven people, including

pregnant actress Sharon Tate, the wife of director Roman Polanski.

More than 40 years after the killings that shocked and horrified the nation, Manson continues to haunt and fascinate us. Now for the first time, author Jeff Guinn goes beyond the bloody murders to place Manson in context, including his childhood and formative years.

Manson was a manipulator even when he was 5 years old. Charlie claimed it was society that gradually turned him into a terrible human being, but in fact, he was the prototypical bad seed who was considered dangerous even in the first grade. The accounts of his sister Nancy and first cousin Jo Ann are

See BOOKS, p. 4

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Eating to Win

Whether you're a weekend warrior or actively participate in sports, you need to eat to win. Eating for performance is often overlooked by athletes. A peak-performance diet is very similar to a normal, healthy diet. Carbohydrates, protein, fat and liquids are important components of a sports diet. Each of these nutrients should be included in your diet every day.

Carbohydrates

Carbohydrates should comprise about 60 percent of your daily diet. Carbs are the energy source for your muscles and brain. In fact, your brain uses only carbs for energy. Without enough carbs, your body will break down protein, like your muscles, to fuel your activity. Foods with carbs include vegetables, fruit, dairy products, grains, breads, pasta, rice and crackers. Try adding more whole grains to your diet, like whole-grain bread, whole-wheat pasta, brown rice and grains like barley and popcorn.

Protein

Most athletes need approximately 4 to 8 ounces of protein each day. Protein is important for recovery, repair of damaged tissue and aids in many of your body's functions. The increased calories that athletes consume usually supply plenty of protein. Look for low-fat and lean protein sources. Cuts of meat with the words "round" and "loin" are lean protein sources, as are chicken, legumes, nuts, seeds and soy products like tofu.

Fat

Although it might not seem like it, fat is an important part of the diet.



Fat supplies energy, helps cushion the shock of falls, is a storage place for certain vitamins, regulates body temperature and provides essential compounds for your body. There are different types of fats, like saturated fat, trans fat, monounsaturated fat, polyunsaturated fat and omega-3 fatty acids. Not all fats are created equal. Mono and polyunsaturated fats and omega-3 fatty acids have minimal effects on cholesterol and can be thought of as good fats. In fact, omega-3 fatty acids have been shown to increase HDL, which is the good cholesterol. Foods like walnuts, olives, avocados, salmon, herring, mackerel and plant oils like olive oil, canola oil, soybean oil, sunflower and safflower oil contain these good fats. Saturated fats from animal products and trans fats found in foods with hydrogenated oils should be avoided.

Hydration for Athletes

Staying hydrated is just as important as what you eat during training. Drink at least one cup of water for every 20 minutes you compete or work out. Green tea has powerful benefits to help repair broken capillaries and revive the body. Low-sugar sports drinks during or after competition are good for hydration. Typically, one sports drink is effective in replacing lost sodium, potassium

and electrolytes.

My recipe for **Spicy Herbed Blue Cheese Steak** is a delicious "performance" or family meal that is easy to prepare. It's great as a main course, or sliced and placed on top of a salad or in a whole-wheat tortilla. (Additional information provided by Jessica Kovarik, R.D., L.D., Extension Associate, Nutrition and Exercise Physiology, University of Missouri Extension.)

BLUE CHEESE HERB AND PEPPER STEAK

Blue Cheese topping:

3 tablespoons crumbled blue cheese (Roquefort, Stilton, Gorgonzola or Maytag)
1/4 cup baby spinach, raw and sliced into ribbons
1/4 cup sliced brown (baby bella) mushrooms, chopped finely
2 cloves garlic, chopped finely
1/2 teaspoon salt
1/4 teaspoon nutmeg

Steak:

2 teaspoons of black, red or pink peppercorns
1 (12 ounce) beef fillet, cut into four (3 ounce) steaks
1 teaspoon salt
1 tablespoon Italian Seasoning

1. Preheat oven to 375 F. In a small bowl, combine blue cheese, spinach, mushrooms, garlic, salt and nutmeg. Mix until in-

gredients are well-combined. Cover and refrigerate.

2. Spread the cracked peppercorns onto a piece of waxed paper or parchment paper. Fold the paper over the peppercorns. Press a cast-iron skillet or heavy-bottomed saute pan on the peppercorns, rocking the pan back and forth to crack them. Place the cracked peppercorns on a plate. Pat the meat dry on both sides with paper towels. Season with salt and Italian Seasoning.

3. Roll the steak in the peppercorns to coat on all sides. Place a cast-iron skillet or heavy-bottomed ovenproof saute pan over moderately high heat. Do not use nonstick cooking spray or any type of oil to prepare the pan.

4. Place the steaks into the hot, dry pan. Do not crowd the steaks so that they will sear, not steam. Sear the top and bottom of each steak, 1 to 2 minutes per side, without moving the meat. The meat will release easily once completely seared; any resistance and it's not done yet. The steak should have a crispy, well-caramelized crust on the top and bottom.

5. Place 1 tablespoon of the blue cheese mixture on top of each steak and transfer the pan to the oven. Roast 6 to 7 minutes for rare, 7 to 8 minutes for medium. Serve immediately. Serves 4.

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Comics & Puzzles

Super Crossword

Answers

REMAP	BLEW	PHONE	DEF
OPERA	OONA	CHANEY	ELI
WHATCOULD	THEYNAME	BEN	
ERGS	PDA	EAR	OLDAGE
NOR	MIO	ERR	IST
ANEW	ANIMATED	CHILDRENS	
EMERITA	OSAKA	ARTE	
PSALM	BOXER	KIA	
RANDALL	FILM	THATTELLS	
OLA	LOAF	BERM	OWLET
VALE	THE	STORY	OFA
EMOTE	MEOW	SERB	VEA
NIGHT	CRAWLERS	EMENDED	
COO	DRONE	MESSY	
STEP	VASCO	LEMIEUX	
TINY	PERSONAL	ASSISTANT	
RETRO	SAW	TICK	ODE
ARIO	SO	LENA	STE
INC	THE	LITTLE	WORMAIDE
TEE	INSECT	LEAP	INNER
SYS	TOPEKA	SKYE	DEEDS

Weekly SUDOKU

Answer

7	8	4	5	3	1	2	9	6
5	9	1	2	4	6	3	7	8
2	3	6	9	7	8	4	5	1
8	2	7	3	1	5	9	6	4
1	6	9	8	2	4	5	3	7
3	4	5	6	9	7	1	8	2
9	7	8	1	5	2	6	4	3
6	5	2	4	8	3	7	1	9
4	1	3	7	6	9	8	2	5

TIME TO CLEAN HOUSE

DIFFERENCES: 1. Light is smaller. 2. Mat is missing. 3. Bag is smaller. 4. Shirt logo is missing. 5. Hassock is missing. 6. Straps are different.

PUZZLES & COMICS

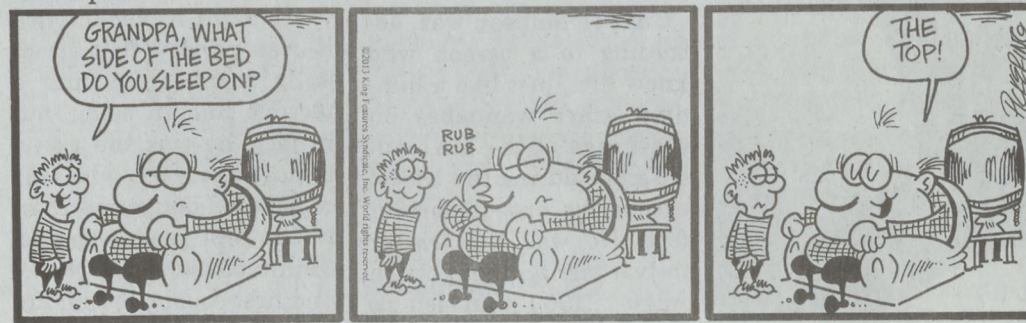
R.F.D.

by Mike Marland



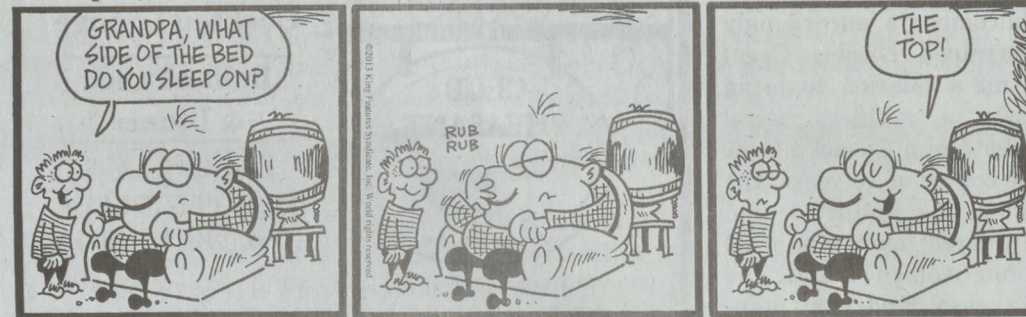
The Spats

by Jeff Pickering



The Spats

by Jeff Pickering

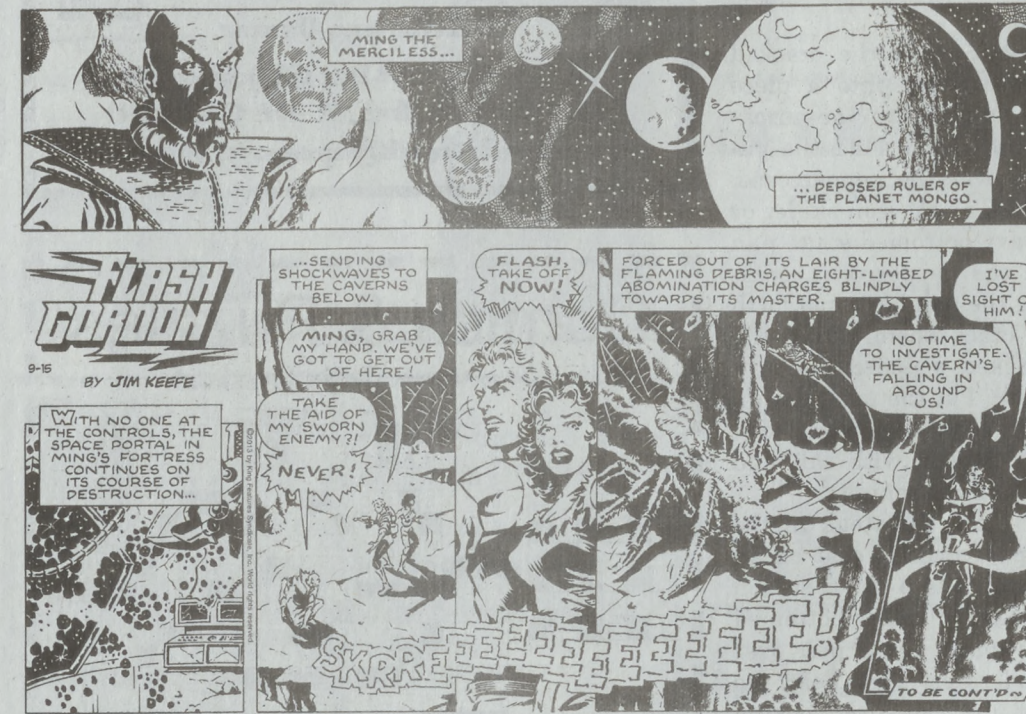


Out on a Limb

by Gary Kopervas



Puzzle answers are on Page 5

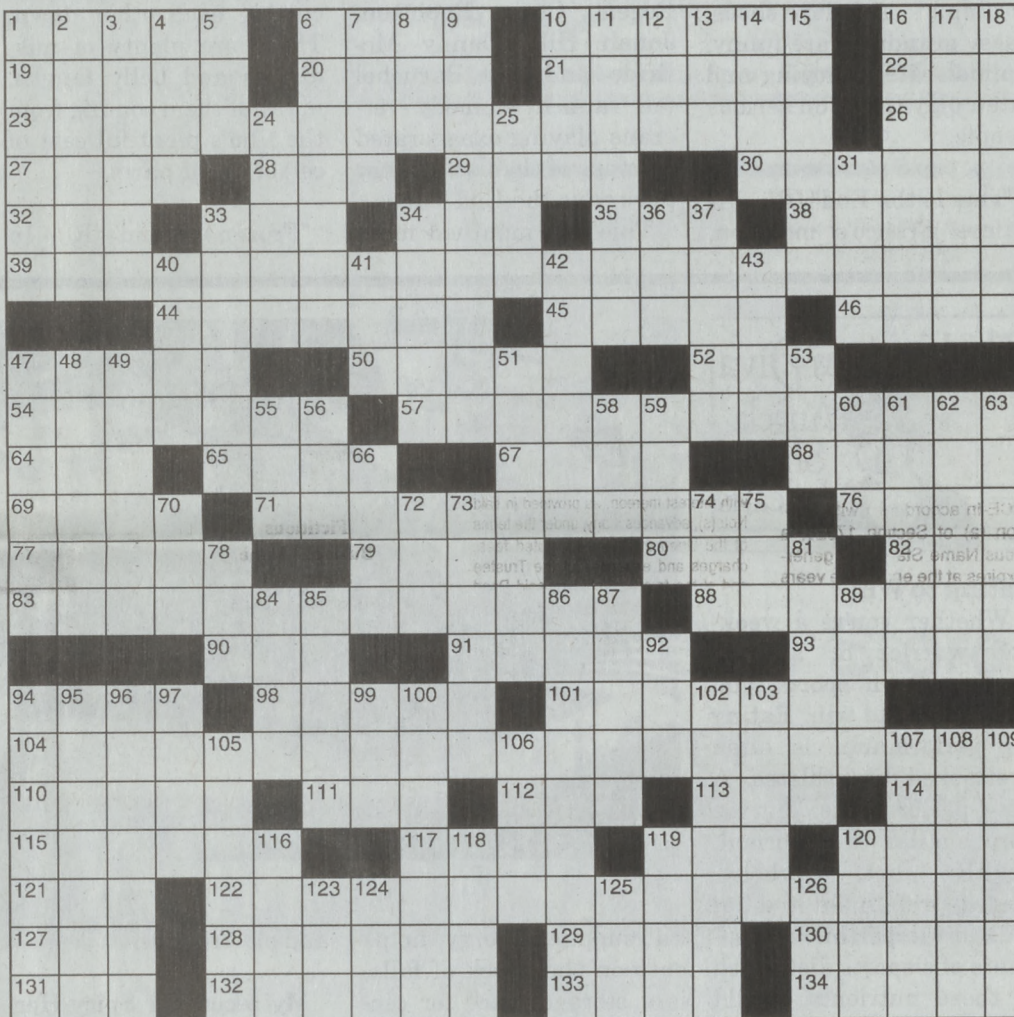


Super Crossword

CREEPY MOVIE

ACROSS

- 1 Plot anew
6 Huffed and puffed
10 Droid rival
16 Letters after C
19 Puccini work
20 Lady — Chaplin
21 Actor Lon of chillers
22 Yale Bowl yeller
23 Start of a riddle
26 Actor Affleck
27 Work units, in 11-Down
28 BlackBerry device, e.g., for short
29 Floppy parts of a beagle
30 Youth's opposite
32 Partner of neither
33 Puccini's "O — babbino caro"
34 Miss the mark
35 Adherent: Suffix
38 I's, in Athens
39 Riddle, part 2
44 Retired female professor
- 45 Metropolis of Japan
46 Funny Johnson
47 Biblical song
50 One sparring
52 Rio's car maker
54 Actor Tony Riddle, part 3
57 Riddle, part 3
64 Suffix with pay or play
65 Bread buy
67 Shoulder of a road
68 Hooting baby bird
69 Hollow between hills
71 Riddle, part 4
76 Entwined
77 Behave theatrically
79 Feline cry
80 Kosovo resident
82 Vote "for"
83 Riddle, part 5
88 Revised, as text
90 Dove noise
91 Unbusy bee
93 Sloppy
94 Ladder part
98 Explorer — da Gama
101 Hockey great Mario
- 104 End of the riddle
110 Trendily dated
111 Woodcutting tool
112 "So nasty!"
113 Pindaric poem
114 A fire sign
115 Melodious
117 Actress Olin
119 Haloed Fr. woman
120 Spurt
121 Abbr. in co. names
122 Riddle's answer
127 Leisure shirt
128 Bee or flea
129 Axel or lutz
130 Word with city or circle
131 Part of OS: Abbr.
132 Capital of Kansas
133 — terrier
134 Feats of skill
- 6 Woman's bedroom
7 Former Vegas star
8 Falana
9 Terminus
9 Passenger-transporting motorboat
10 Champagne bucket
11 Nobel Prize category
12 — Solo
13 — scale of 1 to 10
14 Sci-fi mariner
15 It has lashes
16 Participant in an arguing contest
17 Posh
18 Savor-faire
24 Voice a view
25 Rabbit kin
31 TV "explorer"
33 Warm-blooded one
34 Consume, Bible-style
36 "Na Na" lead-in
37 Chicken — masala (Indian dish)
40 Fuse
41 1997 sci-fi spoof, briefly
42 Projecting window
43 Milk, in Metz
- 47 Innocent until — guilty
48 Deli staple
49 Alternative to digital
51 Person jostling someone in jest
53 — Z (thorough)
55 Park place? — di-dah!
58 Hear legally
59 Medical ins. plans
60 "So nasty!"
61 Big London insurer
62 Flood zone structures
63 Unwavering
66 U.S. disaster relief org.
70 Ordinal number ending
72 Stitch up
73 Rattled out
74 Doctor's charge
75 It has triceps
78 List finisher: Abbr.
81 Mystify
84 Harbor inlet
85 Lion sounds
86 Attendance-checking routines
- 87 Skulk around
89 Subsequent
92 They precede ens
94 Narrow ship passages
95 "Laura" star Gene
96 Leads on
97 Firebug
99 Org. issuing nine-digit IDs
100 Unruly patch of hair
102 Related element form
103 Quilt stuffing
105 Small, sticky note
106 "If it — broke ..."
107 Like Swiss peaks
108 Not optional
109 High-rises
116 "How awful!"
118 Jazz singer James
119 Totter
120 Clearheaded
123 Sci-fi talent
124 Director Spike or Ang
125 "I see micel"
126 Prefix with life or size



GO FIGURE!

by Linda Thistle

The idea of Go Figure is to arrive at the figures given at the bottom and right-hand columns of the diagram by following the arithmetic signs in the order they are given (that is, from left to right and top to bottom). Use only the numbers below the diagram to complete its blank squares and use each of the nine numbers only once.

DIFFICULTY: **

* Moderate ** Difficult *** GO FIGURE!

+	x		13
-	x	+	
÷	+		9
x	-	x	
x	-		25
9	15	18	

1 2 3 4 5 6 7 8 9

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MAGIC MAZE • TIME TO CLEAN HOUSE

P F C L Z W T Q N K I F C Z W
U R P M E V O M E R J H E C Z
X U D P S D D Y Q N L J G E C
Z X M I S I O V A T R P N L J
H U E T S C A M Y W W V T R P
D N L C O P K I E G A E C B Z
X W A H T U O W O R H T U S P
E R O T S R P S O M L J S I A
D G E D Y A W A E V I G B A R
E L C Y C E R T U O K C U H C
A Y X K N U J T W U F T S Q S

Find the listed words in the diagram. They run in all directions forward, backward, up, down and diagonally.

Cast away
Chuck out
Discard
Dispose of
Dump
Give away
Junk
Pitch
Remodel
Remove
Scrap
Store
Throw out
Toss
Trash

Weekly SUDOKU

by Linda Thistle

	8			3	1	2		
5				4			7	
		6	9					1
		7	3			9		
1	6			2				7
	4				7		8	
9				5		6		3
		2	4				1	
1				9				5

Place a number in the empty boxes in such a way that each row across, each column down and each small 9-box square contains all of the numbers from one to nine.

FICTITIOUS BUSINESS NAME STATEMENT

File No. 2013-698

The following person(s) is (are) doing business as:

Lighthouse Financial Planning, 101 Parkshore Dr., Suite 100, Folsom, CA 95630, County of Sacramento

TBFFP, Inc., 101 Parkshore Dr., Suite 100, Folsom, CA 95630

This business is conducted by Corporation

The registrant commenced to transact business under the fictitious business name or names listed above on 08/12/13

I declare that all information in this statement is true and correct. (A registrant who declares as true information which he or she knows to be false is guilty of a crime.)

TBFFP, Inc.

St James R. Johnson, President

This statement was filed with the County Clerk of Yolo on August 26, 2013.

NOTICE-In accordance with Section 17920(a), a Fictitious Name Statement generally expires five years from the date it was filed with the County Clerk, except as provided in Section 17920(b), where it expires 40 days after any change in the facts set forth in the statement pursuant to section 17913 other than a change in the residence address of a registered owner. A New Fictitious Business Name Statement must be filed before the expiration.

The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or common law (See Section 14411 et seq., Business and Professions Code).

New

9/4, 9/11, 9/18, 9/25/13

CNS-2528360#

NEWS-LEDGER

FICTITIOUS BUSINESS NAME STATEMENT

File No. 2013-705

The following person(s) is (are) doing business as:

Argent Bank, Street and Mailing address: 801 4th Street, Santa Rosa, CA 95404, County of Sonoma.

Articles of Incorporation or Organization Number: AI #0N:

Registered owner(s):

Sterling Savings Bank, 111 North Wall Street, Spokane, WA 99201.

This business is conducted by a Corporation.

The registrant commenced to transact business under the fictitious business name or names listed above on N/A.

I declare that all information in this statement is true and correct. (A registrant who declares as true information which he or she knows to be false is guilty of a crime.)

St Andrew J. Schultheis, Secretary.

This statement was filed with the County Clerk of Yolo on August 28, 2013.

NOTICE-In accordance with Subdivision (a) of Section 17920, a Fictitious Name Statement generally expires at the end of five years from the date on which it was filed in the office of the County Clerk, except as provided in Subdivision (b) of Section 17920, where it expires 40 days after any change in the facts set forth in the statement pursuant to section 17913 other than a change in the residence address of a registered owner. A New Fictitious Business Name Statement must be filed before the expiration.

The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or common law (See Section 14411 et seq., Business and Professions Code).

Original

9/4, 9/11, 9/18, 9/25/13

CNS-2528924#

NEWS-LEDGER

NOTICE OF TRUSTEE'S SALE

TS No. 09-0068155 Doc ID #0001113736762005N Title Order No. 4139631 Investor/Insurer No. 440125802APN No. 045-391-16-1 YOU ARE IN DEFAULT UNDER A DEED OF TRUST, DATED 08/05/2005, UNLESS YOU TAKE ACTION TO PROTECT YOUR PROPERTY, IT MAY BE SOLD AT A PUBLIC SALE. IF YOU NEED AN EXPLANATION OF THE NATURE OF THE PROCEEDING AGAINST YOU, YOU SHOULD CONTACT A LAWYER. Notice is hereby given that RECONTRUST COMPANY, N.A., as duly appointed trustee pursuant to the Deed of Trust executed by SHEILA A TELLEZ, AND ALDO V TELLEZ, HUSBAND AND WIFE AS JOINT TENANTS, dated 08/05/2005 and recorded 8/11/2005, as Instrument No. 2005-0039423-00, in Book N/A, Page N/A, of Official Records in the office of the County Recorder of Yolo County, State of California, will sell on 10/09/2013 at 12:00PM, at the rear (North) entrance to the City Hall Building, 1110 West Capitol Avenue, West Sacramento, CA 95691 at public auction, to the highest bidder for cash or check as described below, payable in full at time of sale, all right, title, and interest conveyed to and now held by it under said Deed of Trust, in the property situated in said County and State and as more fully described in the above referenced Deed of Trust. The street address and other common designation, if any, of the real property described above is purported to be: 2840 MERGANSERS COURT, WEST SACRAMENTO, CA, 95691. The undersigned Trustee disclaims any liability for any incorrectness of the street address and other common designation, if any, shown herein. The total amount of the unpaid balance with interest thereon of the obligation secured by the property to be sold plus reasonable estimated costs, expenses and advances at the time of the initial publication of the Notice of Sale is \$343,279.57. It is possible that at the time of sale the opening bid may be less than the total indebtedness due. In addition to cash, the Trustee will accept cashier's checks drawn on a state or national bank, a check drawn by a state or federal credit union, or a check drawn by a state or federal savings and loan association, savings association, or savings bank specified in Section 5102 of the Financial Code and authorized to do business in this state. Said sale will be made, in an "AS IS" condition, but without covenant or warranty, express or implied, regarding title, possession or encumbrances, to satisfy the indebtedness secured by said Deed of Trust, advances thereunder, with interest as provided, and the unpaid principal of the Note secured by said Deed of Trust with interest thereon as provided in said Note, plus fees, charges and expenses of the Trustee and of the trusts created by said Deed of Trust. NOTICE TO POTENTIAL BIDDERS If you are considering bidding on this property lien, you should understand that there are risks involved in bidding at a trustee auction. You will be bidding on a lien, not on a property itself. Placing the highest bid at a trustee auction does not automatically entitle you to free and clear ownership of the property. You should also be aware that the lien being auctioned off may be a junior lien. If you are the highest bidder at the auction, you are or may be responsible for paying off all liens senior to the lien being auctioned off, before you can receive clear title to the property. You are encouraged to

investigate the existence, priority, and size of outstanding liens that may exist on this property by contacting the county recorder's office or a title insurance company, either of which may charge you a fee for this information. If you consult either of these resources, you should be aware that the lender may hold more than one mortgage or deed of trust on the property. NOTICE TO PROPERTY OWNER The sale date shown on this notice of sale may be postponed one or more times by the mortgagee, beneficiary, trustee, or a court, pursuant to Section 2924g of the California Civil Code. The law requires that information about trustee sale postponements be made available to you and to the public, as a courtesy to those not present at the sale. If you wish to learn whether your sale date has been postponed, and, if applicable, the rescheduled time and date for the sale of this property, you may call 1-800-281-8219 or visit this Internet Web site www.recontrustco.com, using the file number assigned to this case TS No. 09-0068155. Information about postponements that are very short in duration or that occur close in time to the scheduled sale may not immediately be reflected in the telephone information or on the Internet Web site. The best way to verify postponement information is to attend the scheduled sale. DATED: 09/11/2009 RECONTRUST COMPANY, N.A., 1800 Tapo Canyon Rd., CA-914-01-94 SIMI VALLEY, CA 93063 Phone: (800) 281 8219, Fax Information (626) 927-4399 By: Trustee's Sale Officer RECONTRUST COMPANY, N.A. as a debt collector attempting to collect a debt. Any information obtained will be used for that purpose. A-4411821 09/11/2013, 09/18/2013, 09/25/2013

APN: 058-104-014-000 TS No: CA05001261-13-1 TO No: 1439469 NOTICE OF TRUSTEE'S SALE YOU ARE IN DEFAULT UNDER A DEED OF TRUST DATED April 24, 2006. UNLESS YOU TAKE ACTION TO PROTECT YOUR PROPERTY, IT MAY BE SOLD AT A PUBLIC SALE. IF YOU NEED AN EXPLANATION OF THE NATURE OF THE PROCEEDINGS AGAINST YOU, YOU SHOULD CONTACT A LAWYER. On October 2, 2013 at 12:45 PM, at the north entrance to the West Sacramento City Hall 1110 West Capitol Avenue, West Sacramento, CA 95691, MTC FINANCIAL INC. dba TRUSTEE CORPS, as the duly Appointed Trustee, under and pursuant to the power of sale contained in that certain Deed of Trust Recorded on April 27, 2006 as Instrument No. 2006-0016602-00 of official records in the Office of the Recorder of Yolo County, California, executed by RONALD S. ROJO AND LORI R. ROJO, HUSBAND AND WIFE AS JOINT TENANTS, as Trustor(s), in favor of SCME MORTGAGE BANKERS, INC. A CALIFORNIA CORPORATION as Lender and MORTGAGE ELECTRONIC REGISTRATION SYSTEMS, INC. as nominee for Lender, its successors and/or assigns, WILL SELL AT PUBLIC AUCTION TO THE HIGHEST BIDDER, in lawful money of the United States, all payable at the time of sale, that certain property situated in said County, California describing the land therein as: AS MORE FULLY DESCRIBED IN SAID DEED OF TRUST The property heretofore described is being sold "as is". The street address and other common designation, if any, of the real property described above is purported to be: 1705 VERMONT AVENUE, WEST SACRAMENTO, CA 95691 The undersigned Trustee disclaims any liability for any incorrectness of the street address and other common designation, if any, shown herein. Said sale will be made without covenant or warranty, express or implied, regarding title, possession, or encumbrances, to pay the remaining principal sum of the Note(s) secured by said Deed of Trust, with interest thereon, as provided in said Note(s), advances if any, under the terms of the Deed of Trust, estimated fees, charges and expenses of the Trustee and of the trusts created by said Deed of Trust. The total amount of the unpaid balance of the obligations secured by the property to be sold and reasonable estimated costs, expenses and advances at the time of the initial publication of this Notice of Trustee's Sale is estimated to be \$239,773.28 (Estimated), provided, however, prepayment premiums, accrued interest and advances will increase this figure prior to sale. Beneficiary's bid at said sale may include all or part of said amount. In addition to cash, the Trustee will accept a cashier's check drawn on a state or national bank, a check drawn by a state or federal credit union or a check drawn by a state or federal savings and loan association, savings association or savings bank specified in Section 5102 of the California Financial Code and authorized to do business in California, or other such funds as may be acceptable to the Trustee. In the event tender other than cash is accepted, the Trustee may withhold the issuance of the Trustee's Deed Upon Sale until funds become available to the payee or endorsee as a matter of right. The property offered for sale excludes all funds held on account by the property receiver, if applicable. If the Trustee is unable to convey title for any reason, the successful bidder's sole and exclusive remedy shall be the return of monies paid to the Trustee and the successful bidder shall have no further recourse. Notice to Potential Bidders If you are considering bidding on this property lien, you should understand that there are risks involved in bidding at a Trustee auction. You will be bidding on a lien, not on the property itself. Placing the highest bid at a Trustee auction does not automatically entitle you to free and clear ownership of the property. You should also be aware that the lien being auctioned off may be a junior lien. If you are the highest bidder at the auction, you are or may be responsible for paying off all liens senior to the lien being auctioned off, before you can receive clear title to the property. You are encouraged to investigate the existence, priority, and size of outstanding liens that may exist on this property by contacting the county recorder's office or a title insurance company, either of which may charge you a fee for this information. If you consult either of these resources, you should be aware that the same Lender may hold more than one mortgage or Deed of Trust on the property. Notice to Property Owner The sale date shown on this Notice of Sale may be postponed one or more times by the Mortgagee, Beneficiary, Trustee, or a court, pursuant to Section 2924g of the California Civil Code. The law requires that information about Trustee Sale postponements be made available to you and to the public, as a courtesy to those not present at the sale. If you wish to learn whether your sale date has been postponed, and, if applicable, the rescheduled time and date for the sale of this property, you may call Priority Posting and Publishing at 714-573-1965 for information regarding the Trustee's Sale or visit the Internet Web site address on the previous page for information regarding the sale of this property, using the file number assigned to this case, CA05001261-13-1. Information about postponements that are very short in duration or that occur close in time to the scheduled sale may not immediately be reflected in the telephone information or on the Internet Web site. The best way to verify postponement information is to attend the scheduled sale. Date: August 30, 2013 TRUSTEE CORPS TS No. CA05001261-13-1 17100 Gillette Ave, Irvine, CA 92614 949-252-8300 Joseph Barragan, Authorized Signatory SALE INFORMATION CAN BE OBTAINED ON LINE AT www.priorityposting.com FOR AUTOMATED SALES INFORMATION

PLEASE CALL: Priority Posting and Publishing at 714-573-1965 TRUSTEE CORPS MAY BE ACTING AS A DEBT COLLECTOR ATTEMPTING TO COLLECT A DEBT. ANY INFORMATION OBTAINED MAY BE USED FOR THAT PURPOSE. P1058138 9/11, 9/18, 09/25/2013

Fictitious Business Name Statement

Filed Aug 15, 2013

File No. 2013-675

The following person is doing business as Pete's Restaurant & Brewhouse, 164 Main St., Woodland CA 95695, Yolo County.

J.W. Wells Corp., 2760 San Luis Ct., Sac. CA 95618.

This business is conducted by a Corporation.

The registrant commenced to transact business under the fictitious business name or names listed above on N/A.

/s/James Wells, Pres.

JW Wells Corp.

I hereby certify that this is a true copy of the original document on file in this office. This certification is true as long as there are no alterations to the document, AND as long as the document is sealed with a red seal.

State of California

County of Yolo

Freddie Oakley, Clerk

Date: Aug 15, 2013

/s/Eleigh Schaubmayer, Deputy Clerk

Sep 18 25 Oct 2 9

Fictitious Business Name Statement

Filed Sep 12, 2013

File No. 2013-748

The following person is doing business as MARLECK, 1364 Milano Drive #3, West Sacramento CA 95691, Yolo County.

Matthew Miller, same address.

This business is conducted by an Individual.

The registrant commenced to transact business under the fictitious business name or names listed above on N/A.

/s/Matthew Miller

I hereby certify that this is a true copy of the original document on file in this office. This certification is true as long as there are no alterations to the document, AND as long as the document is sealed with a red seal.

State of California

County of Yolo

Freddie Oakley, Clerk

Date: Sep 12, 2013

/s/Lupe Ramirez, Deputy Clerk

Sep 18 25 Oct 2 9

Fictitious Business Name Statement

Filed Sep 5, 2013

File No. 2013-722

The following person is doing business as 2nd Chance Junk, 611 Kentucky Ave, Woodland CA 95695, Yolo County.

Tim Rogers and Lori Rogers, 216 Teton Pl., Woodland CA 95695.

This business is conducted by a Married Couple.

The registrant commenced to transact business under the fictitious business name or names listed above on Aug 1, 2013.

/s/Tim Rogers

/s/Lori Rogers

I hereby certify that this is a true copy of the original document on file in this office. This certification is true as long as there are no alterations to the document, AND as long as the document is sealed with a red seal.

State of California

County of Yolo

Freddie Oakley, Clerk

Date: Sep 5, 2013

/s/Kimberli Quam, Deputy Clerk

Sep 18 25 Oct 2 9

Fictitious Business Name Statement

Filed Aug 30, 2013

File No. 2013-710

The following person is doing business as Consomotech, 1239 Depot St., Woodland CA 95776, Yolo County.

Constantino Montes, same address.

This business is conducted by an Individual.

The registrant commenced to transact business under the fictitious business name or names listed above on 8/30/2013.

/s/Constantine Montes

I hereby certify that this is a true copy of the original document on file in this office. This certification is true as long as there are no alterations to the document, AND as long as the document is sealed with a red seal.

State of California

County of Yolo

Freddie Oakley, Clerk

Date: Aug 30, 2013

/s/Linda Smith, Deputy Clerk

Sep 18 25 Oct 2 9

Fictitious Business Name Statement

Filed Sep 5, 2013

File No. 2013-723

The following person is doing business as Gillian Green Studio, 4027 Montgomery Ave., Davis CA 95618, Yolo County.

Gillian Kalisky, same address.

This business is conducted by an Individual.

The registrant commenced to transact business under the

fictitious business name or names listed above on 8/1/2013.

/s/Gillian Kalisky

I hereby certify that this is a true copy of the original document on file in this office. This certification is true as long as there are no alterations to the document, AND as long as the document is sealed with a red seal.

State of California

County of Yolo

Freddie Oakley, Clerk

Date: Sep 5, 2013

/s/Lupe Ramirez, Deputy Clerk

Sep 18 25 Oct 2 9

State of California

County of Yolo

Freddie Oakley, Clerk

Date: Sep 5, 2013

/s/Lupe Ramirez, Deputy Clerk

Sep 18 25 Oct 2 9

PUBLIC HEARING NOTICE

The West Sacramento City Council will conduct a public hearing on October 2, 2013 at 7:30 PM or as soon thereafter as possible on the following.

The hearing will be held in the council chambers at the Civic Center, 1110 West Capitol Ave., West Sacramento. Interested persons are invited to attend. In compliance with the ADA, if you need assistance to participate in this meeting, you should contact the City Clerk at 617-4500.

Notification 72 hours prior to the meeting will enable the City to make reasonable arrangements to assure accessibility to this meeting. City hall is handicapped accessible.

1. Resolution 13-67 a resolution to vacate portion of West Capitol Avenue and retain a temporary public utility easement.

Sep 18 25

NOTICE OF AUCTION SALE

NOTICE IS HEREBY GIVEN that a mobilehome, registered to Michael McClory, with interested parties Angela McClory, and described as a 1958 Roadmaster, Decal Number AAT9792, Serial Number RM64745, Label/Insignia Number UNKNOWN, and stored on property within the Casa Mobile Park, at 1050 W. Capitol Ave., West Sacramento, CA, County of Yolo, 93691 (specifically the space designated as Space #59, within the park), will be sold by auction at the mobilehome park at the Casa Mobile Park, 1050 W. Capitol Ave., West Sacramento, CA, County of Yolo, 93691, (specifically the space designated as Space #59, within the park), on October 7, 2013, at 11:00 a.m., and such succeeding sales days as may be necessary, and the proceeds of the sales will be applied to the satisfaction of the lien, including the reasonable charges of notice, advertisement, and sale.

This sale is conducted on a cash or certified fund basis only (cash, cashier's check or travelers checks only). Personal checks and/or business checks are not acceptable. Payment is due and payable immediately following the sale. No exceptions. The mobilehome and/or contents are sold as is, where is, with no guarantees.

This sale under authority of California Civil Code 798.56a and Commercial Code 7210.

Unless a written waiver is received from management/ plaintiff, the mobilehome and contents must be removed from the present location within 10 days.

DATED: September 15, 2013

JOSEPH W. CARROLL

Attorney at Law

1231 I Street, Suite 203

Sacramento, CA 95814

(916) 443-9000

Sep 18 25

WEST SACRAMENTO PLANNING COMMISSION

NOTICE OF CANCELLATION

The October 3, 2013 meeting of the West Sacramento Planning Commission has been cancelled.

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**Fictitious
Business Name
Statement
Filed Aug 6, 2013
File No. 2013-654**

The following person is doing business as Wash and Dry Launderland, 2907 West Capitol Ave., West Sacramento CA 95691, Yolo County.

C&S Unlimited, LLC, 843 42nd St., Sacramento CA 95819.

This business is conducted by a Limited Liability Company.

The registrant commenced to transact business under the fictitious business name or names listed above on N/A.

/s/Starla Wahnsiedler, Pres.
C&S Unlimited LLC

I hereby certify that this is a true copy of the original document on file in this office. This certification is true as long as there are no alterations to the document, AND as long as the document is sealed with a red seal.

State of California
County of Yolo
Freddie Oakley, Clerk
Date: Aug 6, 2013
/s/Linda Smith, Deputy Clerk
Aug 28 Sep 4 11 18

**Fictitious
Business Name
Statement
Filed JUL 22, 2013
File No. 2013-606**

The following person is doing business as Sweet Seaters and Company, 3319 Ballena Bay Rd., West Sacramento CA 95691, Yolo County.

Eileen Ann Petersen-Seaters, same address as above.

This business is conducted by an Individual.

The registrant commenced to transact business under the fictitious business name or names listed above on N/A.

/s/Eileen Ann Petersen-Seaters
I hereby certify that this is a true copy of the original document on file in this office. This certification is true as long as there are no alterations to the document, AND as long as the document is sealed with a red seal.

State of California
County of Yolo
Freddie Oakley, Clerk
Date: JUL 22, 2013
/s/Linda Smith, Deputy Clerk
Aug 28 Sep 4 11 18

**Fictitious
Business Name
Statement
Filed Aug 19, 2013
File No. 2013-683**

The following person is doing business as JSL Construction, 1665 Tamarack Rd., West Sacramento CA 95691, Yolo County.

Edward J. Luttrell, same address.

This business is conducted by an Individual.

The registrant commenced to transact business under the fictitious business name or names listed above on N/A.

/s/Edward J. Luttrell

I hereby certify that this is a true copy of the original document on file in this office. This certification is true as long as there are no alterations to the document, AND as long as the document is sealed with a red seal.

State of California
County of Yolo
Freddie Oakley, Clerk
Date: Aug 19, 2013
/s/Kimberli Quam, Deputy Clerk
Aug 28 Sep 4 11 18

**Fictitious
Business Name
Statement
Filed Aug 19, 2013
File No. 2013-688**

The following person is doing business as Greenlight Insulation, 955 Railroad Ave #7, Winters CA 95694, Yolo County.

Abbey Windsor Inc., same address.

This business is conducted by a Corporation.

The registrant commenced to transact business under the fictitious business name or names listed above on N/A.

/s/Armando Garcia, Pres.
Abbey Windsor Inc.

I hereby certify that this is a true copy of the original document on file in this office. This certification is true as long as there are no alterations to the document, AND as long as the document is sealed with a red seal.

State of California
County of Yolo
Freddie Oakley, Clerk
Date: Aug 20, 2013
/s/Kimberli Quam, Deputy Clerk
Aug 28 Sep 4 11 18

**ORDER TO SHOW CAUSE
FOR CHANGE OF NAME
PT13-1442**

PETITION OF TIANA LYNN COLEMAN FOR CHANGE OF NAME
TO ALL INTERESTED PERSONS:

Petitioner Tiana Lynn Coleman filed a petition with this court for a decree changing names as follows:

Present name: Tiana Lynn Coleman

Proposed name: Tiana Lynn Coleman-Crispin

THE COURT ORDERS that all persons interested in this matter shall appear before this court at the hearing indicated

below to show cause, if any, why the petition for change of name should not be granted. Any person objecting to the name changes described above must file a written objection that includes the reasons for the objection at least two court days before the matter is scheduled to be heard and must appear at the hearing to show cause why the petition should not be granted. If no written objection is timely filed, the court may grant the petition without a hearing.

NOTICE OF HEARING: Sept. 26, 2013, at 8:30 a.m. in Dept. 15, Superior Court of California, County of Yolo, 1100 Main St., Suite 300, Woodland CA 95695.

A copy of this Order to Show Cause shall be published at least once each week for four successive weeks prior to the date set for hearing on the petition in the following newspaper of general circulation, printed in this county: West Sacramento News-Ledger.

Date: Aug 14, 2013
DANIEL P. MAGUIRE
Judge of the Superior Court
Aug 28 Sep 4 11 18

**ORDER TO SHOW CAUSE
FOR CHANGE OF NAME
PT13-1398**

PETITION OF IN RE: MICHELLE KAUFMAN FOR CHANGE OF NAME AND GENDER
TO ALL INTERESTED PERSONS:

Petitioner Michelle Sarah Kaufman filed a petition with this court for a decree changing petitioner's name to:

Proposed name: Misha Skyler Kaufman

THE COURT ORDERS that all persons interested in this matter shall appear before this court at the hearing indicated below to show cause, if any, why the petition for change of name should not be granted.

NOTICE OF HEARING: Oct. 10, 2013, at 8:30 a.m. in Dept. 15, Superior Court of California, County of Yolo, 1100 Main St., Suite 300, Woodland CA 95695.

A copy of this Order to Show Cause shall be published at least once each week for four successive weeks prior to the date set for hearing on the petition in the following newspaper of general circulation, printed in this county: West Sacramento Press.

Date: Aug 6, 2013
DANIEL P. MAGUIRE
Judge of the Superior Court
Aug 28 Sep 4 11 18

**Fictitious
Business Name
Statement
Filed Aug 26, 2013
File No. 2013-700**

The following person is doing business as NewBeginnings, 3105 Woods Circle, Davis CA 95616, Yolo County.

Virgil Vigil, same address.

This business is conducted by an Individual.

The registrant commenced to transact business under the fictitious business name or names listed above on N/A.

/s/Virgil Vigil

I hereby certify that this is a true copy of the original document on file in this office. This certification is true as long as there are no alterations to the document, AND as long as the document is sealed with a red seal.

State of California
County of Yolo
Freddie Oakley, Clerk
Date: Aug 26, 2013
/s/Linda Smith, Deputy Clerk
Aug 28 Sep 4 11 18

**Fictitious
Business Name
Statement
Filed JUL 03, 2013
File No. 2013-553**

The following person is doing business as Maple Apartment, 630 Maple St., West Sacramento CA 95691, Yolo County.

Alan C. Yoo, 8635 Marsh Creek Ct., Roseville CA 95747.

This business is conducted by an Individual.

The registrant commenced to transact business under the fictitious business name or names listed above on 6/28/13.

/s/Alan C. Yoo

I hereby certify that this is a true copy of the original document on file in this office. This certification is true as long as there are no alterations to the document, AND as long as the document is sealed with a red seal.

State of California
County of Yolo
Freddie Oakley, Clerk
Date: JUL 03, 2013
/s/Linda Smith, Deputy Clerk
Sep 4 11 18 25

**Fictitious
Business Name
Statement
Filed AUG 27, 2013
File No. 2013-702**

The following person is doing business as Nate & Jessi Photography, 803 Woodland Ave, Woodland CA 95695, Yolo County.

Nathan Lugo, same address.

This business is conducted by an Individual.

The registrant commenced to transact business under the fictitious business name or names listed above on 8/1/2013.

/s/Nathan Lugo

I hereby certify that this is a true

copy of the original document on file in this office. This certification is true as long as there are no alterations to the document, AND as long as the document is sealed with a red seal.

State of California
County of Yolo
Freddie Oakley, Clerk
Date: Aug 27, 2013
/s/Lupe Ramirez, Deputy Clerk
Sep 4 11 18 25

**Fictitious
Business Name
Statement
Filed JUL 31, 2013
File No. 2013-631**

The following person is doing business as Causeway Residential Appraisals, 815 Oeste Dr., Davis CA 95616, Yolo County.

Robert Scott Schiller, same address.

This business is conducted by an Individual.

The registrant commenced to transact business under the fictitious business name or names listed above on N/A.

/s/Robert Scott Schiller

I hereby certify that this is a true copy of the original document on file in this office. This certification is true as long as there are no alterations to the document, AND as long as the document is sealed with a red seal.

State of California
County of Yolo
Freddie Oakley, Clerk
Date: JUL 31, 2013
/s/Kimberli Quam, Deputy Clerk
Sep 4 11 18 25

**ORDER TO SHOW CAUSE
FOR CHANGE OF NAME
PT13-1468**

PETITION OF Andrey Stupin FOR CHANGE OF NAME TO ALL INTERESTED PERSONS:

Petitioner Andrey Stupin filed a petition with this court for a decree changing names as follows:

Present name: Andrey Stupin;

Proposed name: Andrey Stypin

Present name: Kristian Stupin;

Proposed name: Kristian Stypin

Present name: David Stupin;

Proposed name: David Stypin

Present name: Daniel Stupin;

Proposed name: Daniel Stypin

Present name: Kristina Stupina;

Proposed name: Kristina Stypin

THE COURT ORDERS that all persons interested in this matter shall appear before this court at the hearing indicated below to show cause, if any, why the petition for change of name should not be granted.

Any person objecting to the name changes described above must file a written objection that includes the reasons for the objection at least two court days before the matter is scheduled to be heard and must appear at the hearing to show cause why the petition should not be granted. If no written objection is timely filed, the court may grant the petition without a hearing.

NOTICE OF HEARING: Oct. 16, 2013, at 8:30 a.m. in Dept. 15, Superior Court of California, County of Yolo, 1100 Main St., Suite 300, Woodland CA 95695.

A copy of this Order to Show Cause shall be published at least once each week for four successive weeks prior to the date set for hearing on the petition in the following newspaper of general circulation, printed in this county: The News-Ledger.

Date: Aug. 21, 2013
DANIEL P. MAGUIRE
Judge of the Superior Court
Sep 4 11 18 25

**NOTICE OF PETITION TO
ADMINISTER ESTATE OF
Gerald Jacquemin
CASE NUMBER PB13-159**

To all heirs, beneficiaries, creditors, contingent creditors, and persons who may otherwise be interested in the will or estate, or both, of Gerald Jacquemin:

A Petition for Probate has been filed by Kathleen R. Sylvia, Yolo County Public Administrator, in the Superior Court of California, County of Yolo.

The Petition for Probate requests that Kathleen R. Sylvia, Yolo County Public Administrator, be appointed as personal representative to administer the estate of the decedent.

The petition requests authority to administer the estate under the Independent Administration of Estates Act. (This authority will allow the personal representative to take many actions without obtaining court approval. Before taking certain very important actions, however, the personal representative will be required to give notice to interested persons unless they have waived notice or consented to the proposed action.) The independent administration authority will be granted unless an interested person files an objection to the petition and shows good cause why the court should not grant the authority.

A hearing on the petition will be held in this court as follows: Oct. 11, 2013, at 8:30 a.m. in Dept. 5, Superior Court of California, County of Yolo, 725 Court St., Woodland CA 95695.

If you object to the granting of the petition, you should appear at the hearing and state your objections or file written objections with the court before the hearing. Your appearance may be in person or by your attorney.

If you are a creditor or a

contingent creditor of the decedent, you must file your claim with the court and mail a copy to the personal representative appointed by the court within the later of either (1) four months from the date of first issuance of letters to a general personal representative, as defined in section 58(b) of the California Probate Code, or (2) 60 days from the date of mailing or personal delivery to you of a notice under section 9052 of the California Probate Code.

Other California statutes and legal authority may affect your rights as a creditor. You may want to consult with an attorney knowledgeable in California law.

You may examine the file kept by the court. If you are a person interested in the estate, you may file with the court a "Request for Special Notice" (form DE-154) of the filing of an inventory and appraisal of estate assets or of any petition or account as provided in Probate Code section 1250. A "Request for Special Notice" form is available from the court clerk. Attorney for Petitioner: Hope P. Welton, Deputy 625 Court Street, Room 201 Woodland CA 95695 530.666.8172 Sep 4 11 18

PUBLIC HEARING NOTICE

The West Sacramento City Council will conduct a public hearing on September 18, 2013 at 7:30 PM or as soon thereafter as possible to adopt Resolution 13-65 adopting the 2013 Housing Element of the General Plan. The 2013 Housing Element update is a comprehensive document prepared by the City of West Sacramento that identifies current and projected housing needs and sets forth goals, policies, and programs to address those needs. The Housing Element update has been prepared to meet the requirements of State law and local housing objectives.

An Addendum to the General Plan Environmental Impact Report has been prepared for the Housing Element update in accordance with the California Environmental Quality Act (CEQA) guidelines.

The hearing will be held in the council chambers at the Civic Center, 1110 West Capitol Ave., West Sacramento. Interested persons are invited to attend. In compliance with the ADA, if you need assistance to participate in this meeting, you should contact the City Clerk at 617-4500. Notification 72 hours prior to the meeting will enable the City to make reasonable arrangements to assure accessibility to this meeting. City hall is handicapped accessible.

Sep 4, 11, 18

NOTICE OF TRUSTEE'S SALE TS No. 11-0081767 Title Order No. 110418830 APN No. 045-664-004 YOU ARE IN DEFAULT UNDER A DEED OF TRUST, DATED 10/21/2005. UNLESS YOU TAKE ACTION TO PROTECT YOUR PROPERTY, IT MAY BE SOLD AT A PUBLIC SALE. IF YOU NEED AN EXPLANATION OF THE NATURE OF THE PROCEEDING AGAINST YOU, YOU SHOULD CONTACT A LAWYER. NOTICE IS HEREBY GIVEN THAT RECONTRUST COMPANY, N.A., as duly appointed trustee pursuant to the Deed of Trust executed by SHELLE LAMADRID, AN UNMARRIED WOMAN, dated 10/21/2005 and recorded 11/1/2005, as Instrument No. 2005-0054860-00, in Book N/A, Page N/A, of Official Records in the office of the County Recorder of Yolo County, State of California, will sell on 10/09/2013 at 10:00AM, At the North entrance to the City Hall, 1110 West Capitol, West Sacramento, Yolo County, CA at public auction, to the highest bidder for cash or check as described below, payable in full at time of sale, all right, title, and interest conveyed to and now held by it under said Deed of Trust, in the property situated in said County and State and as more fully described in the above referenced Deed of Trust. The street address and other common designation, if any, of the real property described above is purported to be: 3335 JAMAICA STREET, WEST SACRAMENTO, CA 95691. The undersigned Trustee disclaims any liability for any inaccuracy of the street address and other common designation, if any, shown herein. The total amount of the unpaid balance with interest thereon of the obligation secured by the property to be sold plus reasonable estimated costs, expenses and advances at the time of the initial publication of the Notice of Sale is \$345,325.80. It is possible that at the time of sale the opening bid may be less than the total indebtedness due. In addition to cash, the Trustee will accept cashier's checks drawn on a state or national bank, a check drawn by a state or federal credit union, or a check drawn by a state or federal savings and loan association, savings association, or savings bank specified in Section 5102 of the Financial Code and authorized to do business in this state. Said sale will be made, in an "AS IS" condition, but without covenant or warranty, express or implied, regarding title, possession or encumbrances, to satisfy the indebtedness secured by said Deed of Trust, advances thereunder, with interest as provided, and the unpaid principal of the Note secured by said Deed of Trust with interest thereon as provided in said Note, plus fees, charges and expenses of the Trustee and of the trusts created by said Deed of Trust. NOTICE TO POTENTIAL BIDDERS: If you are considering bidding on this property lien, you should understand that there are risks involved in bidding at a trustee auction. You will be bidding on a lien, not on a property itself. Placing the highest bid at a trustee auction does not automatically entitle you to free and clear ownership of the property. You should also be aware that the lien being auctioned off may be a junior lien. If you are the highest bidder at the auction, you are or may be responsible for paying off all liens senior to the lien being auctioned off, before you can receive clear title to the property. You are encouraged to investigate the existence, priority, and size of outstanding liens that may exist on this property by contacting the county recorder's office or a title insurance company, either of which may charge you a fee for this information. If you consult either of these resources, you should be aware that the lender may hold more than one mortgage or deed of trust on the property. NOTICE TO POTENTIAL BIDDERS: If you are considering bidding on this property lien, you should understand that there are risks involved in bidding at a trustee auction. You will be bidding on a lien, not on the property itself. Placing the highest bid at a trustee auction does not automatically entitle you to free and clear ownership of the property. 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West Sacramento house cleaner. Excellent references. Call Lorraine, 372-7614. 10

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Code Enforcement Supervisor for City of West Sacramento. \$6110-7426/mo + bnfts. To apply, visit www.cityofwestsacramento.org. FFD: 5pm, 9/16/2013 or 1st 50 applications. 25

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WANTED TO BUY

CASH PAID FOR DIABETIC STRIPS!! Don't throw boxes away-Help others. Unopened /Unexpired boxes only. All Brands Considered! Call Anytime! 24hrs/7days (888) 491-1168 (Cal-SCAN)

APN: 058-182-005-000 T S N o : CA05000471-12-1 TO No: 1130019 NOTICE OF TRUSTEE'S SALE YOU ARE IN DEFAULT UNDER A DEED OF TRUST DATED 12/08/2004. UNLESS YOU TAKE ACTION TO PROTECT YOUR PROPERTY, IT MAY BE SOLD AT A PUBLIC SALE. YOU NEED AN EXPLANATION OF THE NATURE OF THE PROCEEDINGS AGAINST YOU, YOU SHOULD CONTACT A LAWYER. THE HIGHEST BIDDER FOR CASH (payable in full at time of sale by cash, a cashier's check drawn by a state or national bank, a check drawn by a state or federal credit union, or a check drawn by a state or federal savings and loan association, savings association, or savings bank specified in section 5102 of the Financial Code and authorized to do business in this state). All right, title and interest conveyed to and now held by it under said Deed of Trust in the property situated in Yolo County and state, and as more fully described in the above referenced Deed of Trust. Sale Date & Time: 10/03/2013 at 12:45 PM. Sale Location: At the North entrance to the City Hall located at 1110 West Capitol Avenue, West Sacramento, CA. The street address and other common designation, if any, of the real property described above is purposed to be 1878 SPOKANE ROAD, WEST SACRAMENTO, CA 95691. LEGAL DESCRIPTION LOT 76 AS SHOWN ON MAP ENTITLED "AMENDED PLAT OF SUBDIVISION NO. 4625, RIVER RANCH" IN THE CITY OF WEST SACRAMENTO, COUNTY OF YOLO, STATE OF CALIFORNIA, FILED APRIL 8, 2004 OF MAPS. AT PAGES 28 THROUGH 29 OF RECORDS OF SAID COUNTY. THIS DEED WAS MADE AND ACCEPTED UPON COVENANTS, CONDITIONS AND RESTRICTIONS AS SET FORTH IN THAT DECLARATION OF RESTRICTIONS, RECORDED IN THE OFFICE OF THE RECORDER OF YOLO COUNTY, CALIFORNIA, EXECUTED BY JOHN SACERINO, as Trustor(s), in favor of WASHINGTON MUTUAL BANK, FA as Beneficiary, WILL SELL AT PUBLIC AUCTION TO THE HIGHEST BIDDER, in lawful money of the United States, all payable at the time of sale, that certain property situated in said County, California describing the land therein as: AS MORE FULLY DESCRIBED IN SAID DEED OF TRUST. The property heretofore described is being sold "as is". The street address and other common designation, if any, of the real property described above is purposed to be: 1512 NORFOLK AVENUE, WEST SACRAMENTO, CA 95691. The undersigned Trustee disclaims any liability for any incorrectness of the street address and other common designation, if any, shown herein. Said sale will be made without covenant or warranty, express or implied, regarding title, possession, or encumbrances, to pay the remaining principal sum of the note(s) secured by said Deed of Trust, with interest thereon, as provided in said note(s), advances if any, under the terms of the Deed of Trust, estimated fees, charges and expenses of the Trustee and of the auction, you are or may be responsible for paying off all liens senior to the lien being auctioned off, before you can receive clear title to the property. You are encouraged to investigate the existence, priority, and size of outstanding liens that may exist on this property by contacting the county recorder's office or a title insurance company, either of which may charge you a fee for this information. If you consult either of these resources, you should be aware that the same lender may hold more than one mortgage or deed of trust on the property. NOTICE TO PROPERTY OWNER: The sale may be postponed one or more times by the mortgagee, beneficiary, trustee,

state or national bank, a check drawn by a state or federal credit union or a check drawn by a state or federal savings and loan association, savings association or savings bank specified in Section 5102 of the California Financial Code and authorized to do business in California, or other such funds as may be acceptable to the Trustee. In the event tender other than cash is accepted, the Trustee may withhold the issuance of the Trustee's Deed Upon Sale until funds become available to the payee or endorsee as a matter of right. The property offered for sale excludes all funds held on account by the property receiver, if applicable. If the Trustee is unable to convey title for any reason, the successful bidder's sole and exclusive remedy shall be the return of monies paid to the Trustee and the successful bidder shall have no further recourse. Notice to Potential Bidders If you are considering bidding on this property lien, you should understand that there are risks involved in bidding at a Trustee auction. You will be bidding on a lien, not on the property itself. Placing the highest bid at a Trustee auction does not automatically entitle you to free and clear ownership of the property. You should also be aware that the lien being auctioned off may be a junior lien. If you are the highest bidder at the auction, you are or may be responsible for paying off all liens senior to the lien being auctioned off, before you can receive clear title to the property. You are encouraged to investigate the existence, priority, and size of outstanding liens that may exist on this property by contacting the county recorder's office or a title insurance company, either of which may charge you a fee for this information. If you consult either of these resources, you should be aware that the same Lender may hold more than one mortgage or Deed of Trust on the property. Notice to Property Owner The sale date shown on this Notice of Sale may be postponed one or more times by the Mortgagee, Beneficiary, Trustee, or a court, pursuant to Section 2924g of the California Civil Code. The law requires that information about Trustee Sale postponements be made available to you and to the public, as a courtesy to those not present at the sale. If you wish to learn whether your sale date has been postponed, and, if applicable, the rescheduled time and date for the sale of this property, using the file number assigned to this case, CA05000471-12-1, Information about postponements that are very short in duration or that occur close in time to the scheduled sale may not immediately be reflected in the telephone information or on the Internet Web site. The best way to verify postponement information is to attend the scheduled sale. Date: September 11, 2013 TRUSTEE CORPS TS No. CA05000471-12-1 17100 Gillette Ave, Irvine, CA 92614 949-252-8300 Lupe Tabita, Authorized Signatory SALE INFORMATION CAN BE OBTAINED ON LINE AT www.priorityposting.com FOR AUTOMATED SALES INFORMATION PLEASE CALL: Priority Posting and Publishing at 714-573-1965 TRUSTEE CORPS MAY BE ACTING AS A DEBT COLLECTOR ATTEMPTING TO COLLECT A DEBT. ANY INFORMATION OBTAINED MAY BE USED FOR THAT PURPOSE. P1059815 9/18, 9/25, 10/02/2013

T.S. No.: 9985-2854 TSG Order No. 95189. A.P.N.: 046-463-005-000 NOTICE OF TRUSTEE'S SALE YOU ARE IN DEFAULT UNDER A DEED OF TRUST DATED 12/08/2004. UNLESS YOU TAKE ACTION TO PROTECT YOUR PROPERTY, IT MAY BE SOLD AT A PUBLIC SALE. YOU NEED AN EXPLANATION OF THE NATURE OF THE PROCEEDING AGAINST YOU, YOU SHOULD CONTACT A LAWYER. NBS Default Services, LLC, as the duly appointed Trustee, under and pursuant to the power of sale contained in that certain Deed of Trust Recorded 12/21/2004 as Document No.: 2004-0058331-00, of Official Records in the office of the Recorder of Yolo County, California, executed by JENNIFER YEE, AS SINGLE WOMAN, as Trustor, WILL SELL AT PUBLIC AUCTION TO THE HIGHEST BIDDER FOR CASH (payable in full at time of sale by cash, a cashier's check drawn by a state or national bank, a check drawn by a state or federal credit union, or a check drawn by a state or federal savings and loan association, savings association, or savings bank specified in section 5102 of the Financial Code and authorized to do business in this state). All right, title and interest conveyed to and now held by it under said Deed of Trust in the property situated in Yolo County and state, and as more fully described in the above referenced Deed of Trust. Sale Date & Time: 10/03/2013 at 12:45 PM. Sale Location: At the North entrance to the City Hall located at 1110 West Capitol Avenue, West Sacramento, CA. The street address and other common designation, if any, of the real property described above is purposed to be 1878 SPOKANE ROAD, WEST SACRAMENTO, CA 95691. LEGAL DESCRIPTION LOT 76 AS SHOWN ON MAP ENTITLED "AMENDED PLAT OF SUBDIVISION NO. 4625, RIVER RANCH" IN THE CITY OF WEST SACRAMENTO, COUNTY OF YOLO, STATE OF CALIFORNIA, FILED APRIL 8, 2004 OF MAPS. AT PAGES 28 THROUGH 29 OF RECORDS OF SAID COUNTY. THIS DEED WAS MADE AND ACCEPTED UPON COVENANTS, CONDITIONS AND RESTRICTIONS AS SET FORTH IN THAT DECLARATION OF RESTRICTIONS, RECORDED IN THE OFFICE OF THE RECORDER OF YOLO COUNTY, CALIFORNIA, EXECUTED BY JOHN SACERINO, as Trustor(s), in favor of WASHINGTON MUTUAL BANK, FA as Beneficiary, WILL SELL AT PUBLIC AUCTION TO THE HIGHEST BIDDER, in lawful money of the United States, all payable at the time of sale, that certain property situated in said County, California describing the land therein as: AS MORE FULLY DESCRIBED IN SAID DEED OF TRUST. The property heretofore described is being sold "as is". The street address and other common designation, if any, of the real property described above is purposed to be: 1512 NORFOLK AVENUE, WEST SACRAMENTO, CA 95691. The undersigned Trustee disclaims any liability for any incorrectness of the street address and other common designation, if any, shown herein. Said sale will be made without covenant or warranty, expressed or implied, regarding title, possession, or encumbrances, to pay the remaining principal sum of the note(s) secured by said Deed of Trust, with interest thereon, as provided in said note(s), advances if any, under the terms of the Deed of Trust, estimated fees, charges and expenses of the Trustee and of the auction, you are or may be responsible for paying off all liens senior to the lien being auctioned off, before you can receive clear title to the property. You are encouraged to investigate the existence, priority, and size of outstanding liens that may exist on this property by contacting the county recorder's office or a title insurance company, either of which may charge you a fee for this information. If you consult either of these resources, you should be aware that the same lender may hold more than one mortgage or deed of trust on the property. NOTICE TO PROPERTY OWNER: The sale may be postponed one or more times by the mortgagee, beneficiary, trustee,

or a court, pursuant to Section 2924g of the California Civil Code. The law requires that information about trustee sale postponements be made available to you and to the public, as a courtesy to those not present at the sale. If you wish to learn whether your sale date has been postponed, and, if applicable, the rescheduled time and date for the sale of this property, you may call 916-939-0772 for information regarding the trustee's sale or visit this Internet Web site, www.nationwideposting.com, for information regarding the sale of this property, using the file number assigned to this case, T.S.# 9985-2854. Information about postponements that are very short in duration or that occur close in time to the scheduled sale may not immediately be reflected in the telephone information or on the Internet Web site. The best way to verify postponement information is to attend the scheduled sale. If the Trustee is unable to convey title for any reason, the successful bidder's sole and exclusive remedy shall be the return of monies paid to the Trustee and the successful bidder shall have no further recourse. NBS Default Services, LLC 301 E. Ocean Blvd, Suite 1720 Long Beach, CA 90802 800-766-7751 For Trustee Sale Information Log On To: www.nationwideposting.com or Call: 916-939-0772. NBS Default Services, LLC, Suzanne Castle "We are attempting to collect a debt, and any information we obtain will be used for that purpose." NPP0221050 To: NEWS LEDGER 09/18/2013, 09/25/2013, 10/02/2013

Send your letter to the editor or your news item to: steve@news-ledger.com (don't forget that hyphen!) or to: News-Ledger P.O. Box 463, West Sacramento CA 95691 Please include your name, address & phone number. File No. 2013-744 FICTITIOUS BUSINESS NAME STATEMENT (1) Fictitious Business Name(s): Advance America, Cash Advance Centers / Advance America, Cash Advance (2) Street Address, City, State and Zip of Principal Place of Business in California: Physical Business Address: 47-B West Main Street, Woodland, CA 95695, County: Yolo (3) List Full Name of Registrant: Advance America, Cash Advance Centers of California, LLC, Delaware Company, 135 North Church Street, Spartanburg, SC 29306 (4) Business Classification: limited liability company (5) Starting Date of Business: 11/19/1998 I declare that all information in this statement is true and correct. (A registrant who declares as true information of which he or she knows to be false is guilty of a crime.) (6) Signature of Registrant: If registrant is a corporation, indicate the corporation name, and your official title: Corporation Name: Advance America, Cash Advance Centers of California, LLC Signed: James A. Ovenden, Official Title: CFO/VP Print or Type Name: James A. Ovenden This statement was filed with the Yolo County Clerk on September 11, 2013. NOTICE - In accordance with subdivision (a) of Section 17920, a Fictitious Business Name Statement generally expires at the end of five years from the date on which it was filed in the Office of the County Clerk. Except, as provided in subdivision (b) of Section 17920, where it expires 40 days after any change in the facts set forth in the statement pursuant to Section 17913 other than a change in the residence address of a registered owner. A New Fictitious Business Name Statement must be filed before the expiration. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or Common Law (See Section 14411 et seq., Business and Professions Code). I hereby certify that this is a true copy of the original document on file in this office. This certification is true as long as there are no alterations to the document AND as long as the document is sealed with a red seal. State of California, County of Yolo FREDDIE OAKLEY, COUNTY CLERK/RECORDER BY: KIMBERLY QUAM, Deputy Clerk CN 890005 9/18 25 10/2 10/9

FICTITIOUS BUSINESS NAME STATEMENT File No. 2013-680 The following person(s) is (are) doing business as: OneCare Home Health & Hospice, 100 E. San Marcos Blvd., Ste. 200, San Marcos, CA 92069, County of Yolo Fennel Holdings, LLC, 100 E. San Marcos Blvd., Ste. 200, San Marcos, CA 92069 This business is conducted by limited liability company The registrant commenced to transact business under the fictitious business name or names listed above on N/A I declare that all information in this statement is true and correct. (A registrant who declares as true information which he or she knows to be false is guilty of a crime.) Fennel Holdings, LLC SJ Nanci Wilson, President This statement was filed with the County Clerk of Yolo on August 16, 2013. NOTICE-In accordance with Section 17920(a), a Fictitious Name Statement generally expires five years from the date it was filed with the County Clerk, except as provided in Section 17920(b), where it expires 40 days after any change in the facts set forth in the statement pursuant to section 17913 other than a change in the residence address of a registered owner. A New Fictitious Business Name Statement must be filed before the expiration. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or common law (See Section 14411 et seq., Business and Professions Code).

New 9/11, 9/18, 9/25, 10/2/13 CNS-2521349# NEWS-LEDGER

Local Scene

Telephone area codes are "916" unless otherwise specified.

Don't toss that tuba

The River City High School music program is firing up for another year, and band members would welcome any donated instruments. If you have an unused musical instrument, consider donating it to the program. Contact Tony Marvelli, director of bands, at amarvelli@wusd.k12.ca.us or 375-7800 ext. 2210. Visit www.rivercityregiment.com or drop by the school at 1 Raider Lane.

Free groceries

Free groceries are passed out on the last Wednesday, Thursday and Friday of each month at the food ministry of Southport Community Church. The giveaway happens during regular store hours at Shepherd's Hand Thrift Store, 2919 Promenade St., Suite 120 (at Southport Parkway).

The thrift store supports the food ministry as well as other charities. Your donations of clothing and household goods help the thrift store fulfill its mission, and the store is always seeking volunteers.

Health, & more

River City High School is hosting a fair in two parts:

The student body will participate in a fair on campus from Sept. 18-20. There will be information on health — including diet, sleep habits and body fat percentage — with personalized feedback. Anonymous data will also be collected for use by scientists and others.

The entire community is invited to a community health fair at River City High School from 5:30-8:30 p.m. on Thursday, Sept. 19. Free screenings on diet, sleep, body fat and blood pressure; info on other topics like skin cancer and breast cancer risks. Learn about health and contribute to science. Flu shots will be provided by the Yolo County Health Department (those under 18 must be accompanied by a parent or guardian).

Sunday night football

Join the West Sacramento Elks for Sunday Night Football on September 29. Doors open at 5 p.m., game at 5:30, with Philly cheese sandwiches available for \$6.50. Visit the lodge at 423 3rd St. Info: Sherry, 371-7122.

Marshall High, '73

The reunion committee for James Marshall High School's Class of 1973 asks alumni to save the date of Sat.,

Sept. 28, for a 40th reunion celebration. Planned is a "casual buffet dinner" to meet with old friends at the Club Pheasant. Social hour starts at 6 p.m., dinner at 7. \$25/person, spouses welcome but optional. Make check payable to Club Pheasant and mail to Lili Metzger, P.O. Box 448, West Sacramento CA 95691. RSVP by Sept. 14. For information, email jmhs73@wavecable.com.

Health coverage

Learn more about the new health care laws and how they affect you as an individual or your small business. Attend a workshop about the Patient Protection and Affordable Care Act of 2010 at one of four scheduled workshops held at the local library, 1212 Merkley Avenue: 5:30-7:30 p.m. on Wed., Sept 4; or 6:30-8 p.m. on Sept 17, Oct. 3 or Oct. 15. Free. Sponsored by the UC Davis Center for Reducing Health Disparities.

For info on "Covered California," see www.CoveredCA.com or call (888) 975-1142.

Soccer players wanted

Sacramento Republic FC will hold player tryouts on Oct. 5-6 and Oct. 19-20 at the Davis Legacy Soccer Complex on the frontage road near Davis. Players 18 and up will receive "full evaluation" from Republic FC coaching staff. Lunch and a T-shirt provided. \$200 registration fee for each tryout. Pre-register online; visit www.SacRepublicFC.com.

The new United Soccer Leagues (USL) professional team will play at Raley Field beginning next year.

History Society's BD

The West Sacramento Historical Society is celebrating its 20th birthday. You're invited to join the group for a potluck with some cake and ice cream. The party is scheduled for Saturday, Sept. 28, from 12:30-4 p.m. at VFW Post 8762, 905 Drever Street. Potluck, with cake, ice cream & soft drinks provided (the VFW separately offers a full bar). Share your West Sacramento history with the society. Info or RSVP to Kathy, 372-5518.

Play & learn

Bring your baby, toddler or preschooler to a special playroom in the library (1212 Merkley Avenue) from 10:15 to 11:30 a.m. on Sept. 7, 14, 21 or 28. Talk to other parents, meet specialists in childhood education and ask them questions about your child's development. Register in advance — please

visit the library. Sponsored by First 5 Yolo.

Democrats

The River City Democratic Club meets Monday, Sept. 23, at 6 p.m. in the Washington Teachers Association office, 316 Webster Street. Interested people are welcome.

Be a model

Crickets Creative Apparel is casting for volunteers to model at the "Vintage Fashion Follies," supporting the West Sacramento Historical Society. The show is scheduled for Saturday, Oct. 19, in the Black Box Theater at the West Sacramento Community Center.

Contact Sandy Beers at 698-8466 or Tianna Beers Worl at (530) 867-2002. Or email cricketsapparel@aol.com. You'll need to provide a photo of identification, your email and home address, and a contact number.

Raffle returns!

The annual "All Charities Raffle" has returned to West Sacramento. The event is organized by the West Sacramento Foundation, which arranges for raffle prizes and prints tickets for local sports groups and nonprofits to sell as a fundraiser. Each of these groups keeps \$9 of every ticket's \$10 price.

A large number of local groups have tickets to sell. Interested West Sacramento organizations may call Charles Moore, (916) 417-5623, for more information. You can also visit www.WestSacFoundation.org for more information.

This year's prizes include the use of condos in Hawaii and Mexico, hotel and B&B stays in resort areas, a Whitey's Jolly Kone combo every day for a year, use of a 20-person luxury suite at Raley Field for one River Cats game, a \$500 IKEA gift card, a gas grill, bikes and more.

The raffle will be held during a spaghetti dinner hosted by the Knights of Columbus, 5:30-7:30 p.m. on Oct. 12 at Holy Cross Church, 1321 Anna Street. \$5 dinner price.

Youth development

The Youth Development Institute (YDI) invites "youth-serving organizations" to better create quality environments for youth. Several regional informational workshops are planned, including one from 4-6 p.m. on Sept. 18 at the Yolo County Children's Alliance office, 637 Todhunter Ave., West Sacramento. Visit www.ydnetwork.org or call (916) 566-1652.

Spring into a new you!



Summer Weight Loss Special at Spring Medical Clinic in West Sacramento:

New patients: \$20 off 'start fee.* Existing patients: 1 free box of protein bars.*

State-of-the-art measurement -- no tape measures!

You'll receive a 5-page body composition print-out. FDA-approved weight loss medication available. Delicious high-protein foods available. No contracts.

Follow up either weekly or monthly!

SPRING MEDICAL CLINIC - WEST SACRAMENTO

1355 Halyard Dr. #130 (new location -- near our old location)

West Sacramento CA 95691 • (916) 265-6309 • Open M-F 9:30 - 5:30, Sat. 8:30-2

*With paid medical weight loss office visit; must bring in this ad for discount. Expires 9.22.13

BBQ, boats & brews

River City Rowing Club in West Sacramento invites you to their fundraising party at the Port of West Sacramento boathouse area. Have some catered barbecue (Broderick Restaurant & Wicked 'Wich food truck), tour the rowing boathouse, enjoy some Ruhstaller beer (bottomless mug \$20, drink tickets \$5). Live music by the Hucklebucks.

The event will take place 4-8 p.m. on Sat., Sept. 21.

\$50 VIP ticket includes barbeque, RCRC beer stein

with bottomless beer. \$40 ticket at the door for adults, \$30 for minors. Proceeds benefit the club's high school and adult rowing programs. For information, visit www.rivercityrowing.org.

Farmers market

The market is back on Thursdays evenings through September on the 1100-block of West Capitol Avenue, near the civic center. The market is on West Capitol in front of city hall.

Selected evenings will include a special sit-down

dinner for which tickets are available. For information and tickets, watch www.wsfarmersmarket.com. New to the market this year will be a series of food trucks.

Market hours are 4:30 p.m. to dusk on Thursdays.

Veterans Day parade

A West Sacramento Veterans Day Parade is planned for Nov. 11, organized by the Bryte & Broderick Community Action Network (BBCAN). This year's parade route will be in the city's Bryte

See LOCAL, p. 3

How To Get Rid of Knee Pain Once And for All.. Without Drugs, Shots, or Surgery



A Non-Surgical, Non-Invasive knee pain Treatment - Now Available!

Now, in West and South Sacramento, Ca, one doctor is helping local residents with knee pain live more active, pain-free lives without drugs, shots, or surgery.

My name is Dr. Dennis Nguyen, owner of East Yolo Chiropractic and Optimal Health and Wellness Clinic. Since we opened, we've seen many people with knee problems leave the office pain free.

Do You Have Any of the Following Conditions?

- Arthritis
- Knee pain
- Cartilage damage
- 'Bone-on-bone'
- Tendonitis
- Bursitis
- Crunching and popping sounds

Could This Non-Invasive, Natural Treatment Be The Answer To Your Knee Pain?

The First 25 Callers only, I'm running a very special offer where you can find out if you are a candidate for cold laser therapy.

What does this offer include? Everything I normally do in my "Knee Pain Evaluation". Just call 916-583-2632 and here's what you'll get:

- An in-depth consultation about your problem where I will listen...really listen...to the details of your case.
- A complete neuromuscular examination.
- A thorough analysis of your exam and x-ray or MRI findings so we can start mapping out your plan to being pain free.
- You'll see everything first hand and find out if this amazing treatment will be your pain solution, like it has been for so many other patients.

Dr. Dennis Nguyen DC, PhD.

CALL TODAY TO SCHEDULE YOUR KNEE PAIN EVALUATION

916-583-2632

\$35 (\$250 VALUE) AVAILABLE TO THE FIRST 25 CALLERS!

Tell the receptionist you'd like to come in for the Knee Evaluation

2939 W. Capitol Ave, West Sacramento • 6005 Florin Rd., Ste. 300, Sacramento

www.OptimalHealthWellnessClinic.net

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